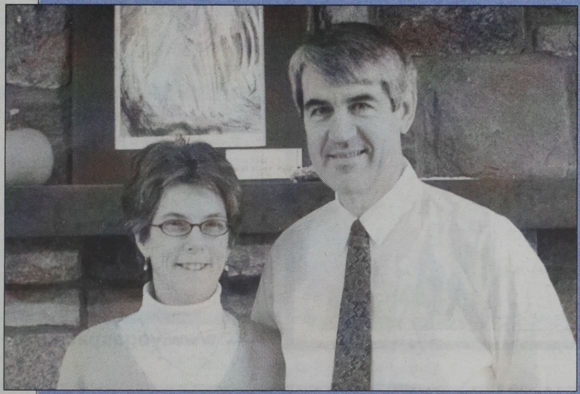
THE CRAZY WISDOM COMMUNITY JOURNAL

ISSUE NO. 38

ANN ARBOR'S HOLISTIC MAGAZINE

JANUARY THROUGH APRIL 2008



Anthropotosophic Medicine in Ann Arbor ~ A Visit with Dr. Molly McMullen-Laird and Dr. Quentin McMullen

Turning Darkness Into Light ~ Sara Schreiber's Story of Living with Cancer

An Interview with Jeanne Adwani, Craftswoman, Poet and Tarot Storyteller

Gari Stein, who leads the Music for Little Folks programs

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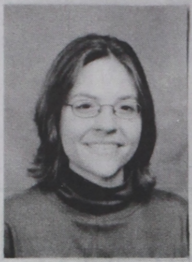

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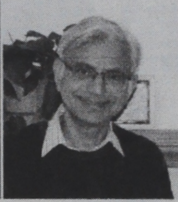

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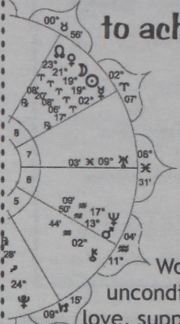

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WHAT'S THE BIG DEAL? - AN INVITATION TO PLAY, LEARN AND GROW WITH TIMELESS DIVINATION TOOLS with Bett Weston & Peggy Lubahn
Sat., January 19th, 1 - 4 pm, held at Crazy Wisdom Bookstore
From Angels to Zen Wisdom, you can find a divination deck to suit any need or interest. Oracle and Tarot cards can offer guidance, inspiration, empowerment, healing, wisdom, and personal and spiritual growth. This class will explore and compare the styles and uses of Oracle and Tarot decks with a focus on Nature/Planet Earth and Play. Bring an open mind, and be prepared to share ideas and HAVE FUN as we try out some of the dozens of card decks available. Cost: $55.00

SOUL PORTAITS ~ A FUN WAY TO EXPLORE WHO YOU ARE! ~ A DAY OF READINGS with Marianne Cenko
Sat., January 26th & Sat., March 22nd, 11am - 4pm, at the artist's studio
Sunday, February 24th & Sat., April 26th, 11am - 4pm, at Crazy Wisdom Bookstore
Our together day begins at 11:00am with a discussion on Soul Portraits ~ what they are, how they came about and fun and interesting ways to work with them. The remainder of the day is structured for individual readings (please bring photo of your animal.) You will receive a verbal and visual reading in the form of a pastel painting that is inspired by intuitive channeling (& recorded for you.) Cost: $45/ 30 min. or $60/50 min. session.

INTUITIVE ART PLAY DATE with Marliesa Back & Antoinette Thoin
Sat., February 16th, 11am - 4pm, at Crazy Wisdom Bookstore
Come into a deeper relatiohship with art, crafts, and your own unique creative expression. This is an experiential workshop, with hands-on and intuitive explorations of art media, colors, textures, the creative process, and..well, Fun! Please bring a journal and a spirit of adventure! Cost: $50.00

CELEBRATE SPRING EQUINOX! with Shara Lyn EL & Bett Weston
Sat., March 15th from 1-4 pm at Crazy Wisdom Bookstore
Come and Celebrate the Spring Equinox in a sacred way through ritual and candle-making. Each participant will make an intentional rolled beeswax candle to take home for personal ritual use.
Cost: $40.00 (includes materials)

WHITEY'S PLAY DAY #1: THE ANIMALS COME DANCING! with Betsy Adams
Sat., April 19th from 11am - 4pm at Crazy Wisdom Bookstore
Whitey is a little white calf who loves to PLAY! This time he would like to help us all connect, through Feeling, to those animals and other beings that mean a whole lot to us - who make us Happy To Be Here, To Be On Earth. We will make masks of these dear friends, decorate and wear them, and share how we Feel sharing this space of this beloved friend, play games and explore relationship of the Heart. Please note, all monies contributed to this class will go to the White Calf Fund (aka "Whitey's Fund"), a non profit support for the Spiritual Evolution of the Animal Kingdom, and hence of Earth, of Us All.
Cost: $50.00 (includes materials)

FOR INFORMATION ON ALL EVENTS:
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***The Crazy Wisdom Calendar* is also available on our website: www.crazywisdom.net**

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Photographers Wanted

To take pictures for *The Crazy Wisdom Community Journal*. It's also fun and interesting to meet the people we take photos of: healers, authors, bodyworkers, psychics, professors, holistic and spiritual types, and other fringe elements!

Transcriber Wanted

To transcribe interviews for the *Crazy Wisdom Community Journal* on a very occasional basis.

For more information, contact Bill Zirinsky at bill@crazywisdom.net.

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Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Crazy Wisdom Community Journal* is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well being. The **deadline for free calendar submissions** for the May thru August 2008 issue is **Wednesday, March 19th**, and the **deadline for paid advertising is Wednesday, April 9th**. The issue will be distributed starting in the 3rd week of April. 5,000 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 55 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: crazywisdom.net

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The Crazy Wisdom Community Journal is published seasonally by Crazy Wisdom, Inc.

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Back issues of this publication are available, for $8 per issue. Crazy Wisdom Bookstore was founded in 1982. It has been owned since 1989 by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

This issue of **The Crazy Wisdom Community Journal** was organized and edited by Bill Zirinsky. Production and Design Editor: Molly Nuzzo. Calendar and "Bios" Editor: Sarah Newland. Photography: Linda Lawson, Kris Doten and Ruth Schekter. "What's New" Editor: Lani Meilgaard. Staff Writers: Lani Meilgaard, Sarah Newland, Bill Zirinsky. Ad Design: Carol Karr. Advertising representative: Bill Zirinsky. The Crazy Wisdom Calendar, and some of the articles in this issue, are posted on our website as of January 1, 2008.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

Writers/Journalists/Essayists Wanted

We're interested in journalistic articles, non-fiction stories, personal essays, commentary, thought pieces, interviews with mind-bending individuals, and other flotsam. For more information, or to suggest story ideas, contact Bill Zirinsky at bill@crazywisdom.net .

Illustrators and Artists Welcomed

We regularly include drawings and illustrations in the *Crazy Wisdom Community Journal*. Token pay, but good exposure, and pleasant work environment (your home). For more information, or to submit artwork and illustrations, contact our Design Editor, Molly Nuzzo, at mollym7420@yahoo.com.

Calendar Highlights for January thru April 2008

1) **Chanting at Siddha Yoga Meditation Center**
Thursdays -- (See Chanting section)

2) **Dances of Universal Peace**
First Friday of each month – (See Movement and Dance)

3) **New Moon Sing for Girls, ages 8-18**
Jan. 8, Feb. 6, March 7, April 6 – (See Children & Young Adults)

4) **Drummunity Circles with Lori Fithian At Crazy Wisdom**
Jan. 17, Feb. 14, March 18, April 22 – (See Drumming)

5) **Abbot Andrew Marr, Author of *Tools for Peace*, At Shaman Drum**
January 23 -- (See Author Receptions)

6) ***Journey into the Heart of Meditation* with Traktung Yeshe Dorje**
Jan. 26-27, Feb. 23-24, March 22-23, April 26-27 -- (See Buddhism)

7) **Buddhist Author Matthew Flickstein in Chelsea**
March 1 – (See Buddhism)

8) **Peter Rabbit at Wild Swan Theater**
March 6-8 -- (See Theater)

9) **Astrology Spring Sampler at Crazy Wisdom**
March 16 -- (See Astrology)

10) **Bo Lozoff, Author of *We're All Doing Time*, At Interfaith Center**
March 21 -- (See Author Receptions)

11) **The Dalai Lama in Ann Arbor**
April 19-20 -- (See Buddhism)

12) **Pat Love, Author of *Hot Monogamy* and *How to Improve Your Marriage Without Talking About It*, At Crazy Wisdom**
April 30 -- (See Author Receptions)

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Silent Retreats: Mar 21-23 **Easter Celebration**, May 16-18
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What's New in the Community

By Lani Kwon Meilgaard

This ongoing column features new (during the past year) practitioners and holistic businesses, new offerings by established practitioners and holistic businesses, as well as upcoming events within our Ann Arbor/Ypsilanti and surrounding area Mind-Body-Spirit community.

New Practitioners & Holistic Businesses:

Awaken Consciousness Coaching, LLC, by Mindie Kniss, offers "a holistic approach to life coaching, encouraging development in three interrelated aspects of life: 1) the physical; 2) the mental and emotional; and 3) the spiritual." I met Mindie for lunch at a local café to discuss how she has shifted from working for many years for the large corporation Pfizer, while also volunteering at several non-profits, to becoming a professional life coach. What struck me about Mindie was her sense of adventure and positive energy.

I first met her at Ann Jones' Build Your Practice workshop at Crazy Wisdom Community Room earlier in the year, and her optimism and strength made her seem older and wiser than her twenty-nine years. Even though Pfizer has laid off many of its Ann Arbor employees, Mindie views this experience as an opportunity to strike out on her own, combining her past experiences, talents and skills to support others. She is originally from Chicago and has lived in Nairobi, Kenya, where she worked with Pfizer's HIV and AIDS awareness programs. She has also worked as a wilderness trip guide in the past. She is currently completing an MFA in Creative Writing through Pacific University in Oregon and a Ph.D. from the American Institute of Holistic Theology. In addition she earned an MA in Metaphysics. Mindie started her own life coaching company last year and, in a sense, has always been a life coach and confidant for friends and colleagues. "I've always done this. People came to me to talk through things and to be listened to." Her business cards and website feature dragonflies, which symbolize transformation.

Mindie offers a free, no obligation 20-minute initial consultation. Potential clients can contact her by phone or online, and if there is a helpful connection, coaching sessions can take place in person, by phone or online. When asked what inspires her about her calling, Mindie replied, "The excitement others can have about their lives." Most clients are seeking to improve some aspect of their lives initially, then discover other changes they want to make. Mindie said, "It usually starts with something very specific, then it evolves into something bigger." One of her clients started with weight loss as his main goal and this later became a quest for overall good health and wellness, then positive relationships developed based on the self work he had already accomplished. Clients can purchase half or full packages with a discount or ad hoc consultations at $75 per hour, as desired. Contact Mindie Kniss toll free at (877) 292-5320, awaken_coach@mac.com or see her website for more information at www.awakenconsciousness.com.

Deborah Campbell of Trumpet Vine Studio began offering her Creativity Consultation workshops and one-on-one services to clients this past fall. She is a professional artist and educator. In 2007 exhibitions of her artworks were included in Washington Street Gallery and Ann Arbor Art Center exhibitions in Ann Arbor. She has taught in the Art Departments at Eastern Michigan University, Bowling Green State University, the University of Toledo and Adrian College. In regard to her creativity consultation services, Deborah wrote me via e-mail: "I work one-on-one with clients to help them move through periods when they feel stuck artistically. We get stuck for a variety of reasons, and I tailor my services to each individual, addressing their particular barrier." Initial consultation is free. For more information, contact Deborah at deborahkaycampbell@gmail.com or (734) 645-6847. See her website at www.deborahcampbell.net.

Mindie Kniss is offering "a holistic approach to life coaching" through her business, Awaken Consciousness Coaching, LLC.

Clayton Gibson, Ann Arbor creator of MyOutSpirit.com, says that the site has only been online for a few months in Michigan, but already it is a growing online resource for the local Lesbian, Gay, Bisexual and Transgender (LGBT) Body-Mind-Spirit community and those who support them. I had literally just pulled out my copy of the Gay to Z Directory when Clayton's e-mail arrived in mid-September. "MyOutSpirit.com features a searchable directory of LGBT-affirming spiritual resources, including churches, temples, sanghas, yoga studios and teachers, websites, authors, psychic, therapists, performers, massage therapists, Reiki healers, bodyworkers, retreat centers, and so much more!" It was an amazing synchronicity. As always, the Universe provides!

I was delighted to meet Clayton Gibson at the Crazy Wisdom tearoom to learn more about MyOutSpirit.com, its creator and how it came to be. Clayton is a tall, sincere young man with a background in marketing and a strong commitment to social justice. Because of his 2003 book entitled, Shirt of Flame: The Secret Gay Art of War, written under the pseudonym Ko Imani (meaning Revolutionary Faith), he was invited to attend the Gay Spirit Culture Summit in April 2004. According to Clayton, "One hundred and thirty gay male spiritual leaders met at the Garrison Retreat Center in upstate New York to strategize how to attract more LGBT people to their work and how to popularize spiritual inquiry and practice in Gay-culture." Clayton has spent over three and a half years developing the MyOutSpirit.com website to achieve those goals. "MyOutSpirit.com gives LGBT people a means to express their spiritual journeys: where they came from, what they believe now and what they're not sure about, and helps them find each other and connect with affirming body/mind/spirit resources." The site is not meant to replace other social networking websites, but rather to complement them and to offer a unique, spiritually focused, interactive forum for LGBT expression, connection and support.

Anyone can create a free MyOutSpirit profile. LGBT-affirming businesses and resources can advertise in the searchable directory, starting at $9.99/month. Resources that do not charge for their services can advertise for free as part of the website's $1,000,000 giveaway. MyOutSpirit also runs photo contests to attract members and engage them in the site. The first contest, "Reflections," will reward the winning member with a week at an ocean-side resort in Hawaii for the best photo taken in front of a mirror, holding a "Remember who you want to be" sign. Member profiles also provide blog space. For more information contact Clayton at info@MyOutSpirit.com or (734) 717-9067. Check website for future contests, resources and to join at: www.MyOutSpirit.com.

Denise Held, RN, Certified Reflexologist, opened her reflexology practice in October 2007 at the Natural Healing Center, located at 2002 Hogback Road in Ann Arbor. She studied reflexology under Gloria Zimlet, who developed Reflexolo-Chi™. In her work Denise assesses clients' feet for swelling, pain, "crystals" and energy releases. She works with the various reflex zones on the feet to bring about relaxation and increased circulation to the corresponding organs and glands of the body. As she wrote via e-mail, "This helps the body regain balance and homeostasis. Reflexolo-Chi™ is also helpful for foot pain, headaches and stress. Healthy feet are a reflection of a healthy body." Denise Held's office hours at the Natural Healing Center are Tuesday, Thursday and Saturday afternoons. She is also available to make home or office visits in the Ann Arbor area. Please contact Denise at (734) 973-8290 or e-mail her at deniseheld@aol.com.

The Wellness Community of Southeast Michigan, a cancer support resource, opened November 12th, 2007 at 2010 Hogback Road, Suite 3, in Ann Arbor, offering wellness and stress reduction programs like tai chi, yoga, and meditation, educational programs, support groups and social activities to people affected by cancer, including patients, caregivers and family members. "We are a local non-profit organization that is part of a larger The Wellness Community body that exists in 25 cities in the US and countries abroad," Barb Hiltz, Executive Director, wrote via e-mail. "Everything we offer to participants at the Wellness Community is offered free of charge. This is a really wonderful and unique resource for people in our community."

Bonnie Dockham, LMSW, the program director, e-mailed me detailed descriptions of classes and programs, including a newcomers' orientation, which "provides an opportunity for individuals who have, or have had a diagnosis of cancer, their family members and friends to learn more about The Wellness Community" in order to "explore various methods to maintain hope and improve quality of life through free programs and services offered at our facility." For more information contact Barb or Bonnie at barb.hiltz@twc-semich.org or bonnie@twc-semich.org call (734) 975-2500 or see their website at www.thewellness-community.org/semich.

New-to-this-Area Practitioners & Holistic Businesses:

Jeanne Ballew moved to Ann Arbor last fall and is the owner of Edit Prose, which provides expert book coaching and editing services that bring relief to the struggling fiction or nonfiction writer. She says she first began book coaching in 2001 to help people attain their writing goals, regardless of the project's stage of development. "Everyone has a story to tell, but not everyone has the skill, experience or organizational strategies to take that brilliant gem of an idea and turn it into an actual book or document," wrote Ballew via e-mail. "Sometimes writers get stuck in their own internal mire and need some gentle hands to help them with organization, motivation or perfectionism. Some folks simply feel more confident

having a literary midwife to guide, support and encourage the natural process. Others already have a completed manuscript and just need assistance with the editing and publication process. I help them target the right agent or publisher and prepare a proposal."

In the acknowledgments section of the second edition of Women with Attention Deficit Disorder: Embrace Your Differences and Transform Your Life, internationally best-selling author Sari Solden, MS, wrote, "I want to give great thanks to Jeannie Ballew for her incredible editing and expert guidance through this process. She actually made it enjoyable!" Author Dr. David Rositano also spoke well of his experience with Edit Prose. "As a first time author who knew virtually nothing about the publishing process, Jeannie not only served as an excellent editor of my manuscript, but she also served as an advisor, counselor, and sometimes cheerleader to guide me through the intricate process of getting published. Her editing was insightful, constructive, professional, and timely, and her concern for the finished product went well beyond any normal editor's job description."

Jeannie Ballew has been teaching, training and coaching English since 1987 when she completed her Master's in TESOL (Teaching English to Speakers of Other Languages). Over the past 20 years Jeannie has taught writing at the college level, in corporate settings and in manufacturing environments, and she has designed and developed numerous seminars on writing and communication skills. She has extensive writing experience and is currently at work on her third young adult novel. Jeannie coaches writers all over the world via phone and email; location is not an issue. Jeanne is also co-facilitating a Making Peace with the Writer Within workshop with Sandra Beals listed in the "New and Upcoming 2008 Community Events" section below. Call Jeannie Ballew at (734) 994-6663, write editprose@provide.net or drop in at the Crazy Wisdom tearoom any Wednesday from 8:30 to 10 p.m., starting in January, for a free consultation.

Jasprit and Teresa Singh have created a groundbreaking form of yoga called RussaYog®.

Kellie Carbone, LMFT is a life coach, doula and licensed psychotherapist, who has specialized in women's issues for over 15 years. She grew up in Michigan and was a University of Michigan undergraduate; she has recently moved back with her family this past summer from San Francisco, where she earned her MA in Feminist Clinical Psychology, in order to live and practice in Ann Arbor. She offers interactive 8- to 12-week long therapy groups, involving the creative process of finding and trusting one's own voice, as well as other life transforming experiences, such as infertility, pregnancy, pregnancy loss, transforming birth trauma, postpartum emotional health, mother-daughter connection and mindful, spiritual parenting.

I first came across Kellie Carbone's vivid flyers at Whole Foods on their community bulletin boards. I was as impressed by the graceful designs as the content of her materials. In one flyer advertising a pregnancy loss support group, a weeping mother embraces an empty crib within her heart, while gravestones, budding trees and the moon are in the background in hues of blue and purple. In another for healing from birth trauma, there is a pale blue image of a labyrinth, with the words in bold, "You are not alone!" In another for an interactive women's therapy group, there is a joyful image of a woman in blue dancing on a yellow background with orange and green spirals, and the words, "What's holding you back?" Each flyer then included details about the issues each group would address, what participants would be doing during the group sessions, and how a participant could benefit from attending. I was also impressed by the affordability of the sessions, which were priced at $35 per person, per session.

Chatting with Kellie at the Crazy Wisdom tearoom, I had an opportunity to get a better sense of what she does and how and why she feels called to help women in transition. She had a calming voice and genuine smile, and I instantly felt at ease with her. In the past Kellie has taught and worked one-on-one with clients, both as a perinatal psychotherapist and doula. She remarked, "I use my intuition in sessions—seeing images that the clients 'show' me and then reflecting those images back to them for them to integrate and use for their own healing." During the past four to five years she has been offering therapy groups, as well as empowering therapy groups as a life coach. In her own words, "Something happens when we feel isolated. I wanted to create a conscious community, a place where people could find others who understand." Small support group interactions are healing for participants. As she explained, "Women have been trained to gather and talk about what is wrong in their lives. I want to create space for women to gather and talk about what is right: their hopes, dreams and successes…. I've always been drawn to working with women." When I asked her about her affordable pricing, she said, "It shouldn't be a luxury to heal yourself" and that she has found that therapy in a small group is more affordable and effective for most women. She also works with individual men who are interested in spirituality, and she is a Doulas Care volunteer for low-income women with the Center for the Childbearing Year. She is currently working on "a book for sexual abuse survivors to help them prepare emotionally, physically and spiritually for pregnancy and childbirth."

She facilitates small groups at her office, which is located at 2350 Washtenaw Avenue, and she also facilitates larger one-day workshops and couples retreats for parents in other locations.
Workshops at the Crazy Wisdom Community Room in 2008 include:
- New Year's Evolution: A Year Without Fear on Saturday, January 5th from 11 a.m. to 4 p.m., $75, in which "you can break free from the fear that keeps you from creating the life of your dreams" by learning ways to "silence your inner critic and uncover self-imposed barriers."
- Celebrating the Mother-Daughter Journey on Saturday, May 10th from 11 a.m. to 5 p.m., $160 per mother-daughter pair; additional guests may attend for $65. "Experience Mother's Day as you never have before! Gather in a sacred space to share our journeys of being daughters and mothers, striving to be our most awakened selves. The day will include rituals, poetry, pampering, sisterhood and healing."

In closing Kellie mentioned the quote by Anaïs Nin: "And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." She said that quote sums up her philosophy about working with women who are ready to heal. See her website at www.kelliecarbone.com and her blog at www.mindfulmoon.blogspot.com. Call (734) 302-3530 or e-mail her at kellie@kelliecarbone.com for more information or to register for her workshops.

New Offerings by Established Practitioners & Holistic Businesses:

Bronwen Gates, Ph.D., has created a new structure for her healing practice in 2008. She will be offering monthly Healing Circles for small groups, as well as half-day, full-day and longer individual retreats for intensive healing. Participants in each Healing Circle will commit to an ongoing circle time with that particular group. Bronwen draws upon the expertise she has developed over more than thirty years of research and exploration into the nature of healing for her work. Interestingly, she wrote that her Ph.D. in Botany from the University of Michigan was what first connected her to shamanic healing and her own hereditary, genetic and spiritual lineages as a natural healer.

She provides diverse healing approaches, including flower essences, homeopathy, herbs and nutrition, meridian therapies, as well as her own unique Faerie Flowers Essences that "bring magic into your life." As she wrote me via e-mail, "I'm also developing a lot of new essence blends with the Faerie Flowers, which is very exciting. We really seem to be moving into a new era of healing (about time!) and flowers are very instrumental for facilitating this." Bronwen also offers ongoing classes, tutorials and Year Journeys. Contact Bronwen at (734) 975-8754 or BronWild@aol.com for more information. Website: www.faerieflowers.com.

Ray O. Golden, MSE, Reiki Master, has completed the Quantum Reflex Analysis™ seminar with Premier Research Labs (www.healthline.cc or www.qnlabs.com) in Dallas, receiving a certificate of merit in October 2007. According to Ray in an e-mail, "Quantum Reflex Analysis™ allows rapid assessment of the body's main organ/gland control points and interference fields for a rapid return to optimal health. These healing breakthroughs incorporate the use of specially designed nutritional supplements called "quantum-state concentrates, derived from once-living, highly cell-resonant foods and nutraceutical agents." These concentrates "are able to help unleash the awesome healing power of the entire body, allowing it to return to the way it was originally designed to function—as a complete self-healing, self-regenerating, self-rejuvenating system." Contact Ray O. Golden at (734) 663-9724 or IntuitiveHealth@aol.com for more information or to buy Premier Research Lab products, see his website at www.RayOGoldenReiki.com.

Hanna Kitchens coordinates and teaches infant massage, parenting, childbirth and other classes and workshops with The Learning Center at My Urban Toddler (www.MyUrbanToddler.com, located at 7025 East Michigan Avenue, Suite J, in Saline since August 2007) and the Ann Arbor Public School's Rec & Ed programs (www.aareced.com). She also is a Parent Educator with First Steps Washtenaw Ann Arbor (www.aaps.k12.mi.us/firststeps.home/home) and a facilitator of the Postpartum Depression Support Group of the Greater Ann Arbor area (www.ppd-annarbor.org). She is a certified newborn and infant massage instructor, a certified Lamaze® childbirth educator and parent educator and a mentor and postpartum Birthing from Within® doula. She earned an MA in Human Development and Family Relations from the University of Connecticut in 1997.

Hanna grew up in Lafayette, Louisiana, has lived with her family in Connecticut and moved to Ypsilanti seven years ago. She first started practicing infant massage on her own son, Fauster, seventeen years ago. Giving birth, she said in an interview at Crazy Wisdom tearoom, "was the hardest thing I ever did, and I really wanted to support other families. I feel I was called to support them on this part of their journey." Hanna has since found her calling and, as her beautiful bookmark-sized brochures state, she encourages parents to "reflect on parenting and comforting from a perspective of 'being with' rather than 'doing to'." See her website at www.hannakitchens.com. Contact Hanna at (734) 417-2457 or hanna@hannakitchens.com.

Keleigh (pronounced Kelly) Lee, MFA of Belly Beautiful Henna (since May 2006) and Looking Glass Henna (brand new in 2007) is an Ann Arbor henna body artist and professional medical illustrator, specializing in

What's New in the Community

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Maria Sylvester opened the Life Empowerment Coaching Center in the Dakota Building earlier this year.

pregnancy and meaningful life transition henna applications. Henna is a natural plant native to Africa and India, and henna body art has a five thousand-year-old history of women-focused celebration. Keleigh mixes her own henna in a formula, safe enough for pregnancy, which includes organic honey, lemon, decaffeinated tea, lavender oil and pure henna leaves imported from India. She works with her clients to create unique, personal designs, which range from the simply beautiful to deeply symbolic. "I take a lot of notes when talking with a client over the phone and let it sit for a day or more before I start to draw," Keleigh said in an interview at her Indigo Forest studio at 4121 Jackson Road next to Tree City Diapers. She typically draws two to three designs, and then the client chooses the best one for them. Keleigh added, "I started with the idea of wanting to connect with people, especially women around pregnancy and childbirth. I try to enhance body image in pregnancy, to help women embrace their bellies and their new shapes." In fact she just celebrated her 50th pregnancy henna design, and she also does postpartum and breastfeeding henna art.

In 2007 her interests and henna body art business grew to include other major life transitions, and she created Looking Glass Henna. Keleigh did a henna design of a phoenix for Audrey Simon shortly before her death, and she has been creating designs for others going through major life transitions. Each Belly Beautiful Henna session lasts ~90 minutes and costs $75. The session is accompanied by soft lighting, seating in a comfortable recliner, soothing music, and a scalp, foot and hand massage, as well as an opportunity to talk about the intense emotional, physical and spiritual transitions the client is experiencing. Looking Glass Henna sessions range in time and price, depending upon the complexity of the design. Completed henna designs last ten to fourteen days before fading away naturally.

Keleigh offers individual appointments or group sessions at baby showers and other special gatherings. Call Keleigh at (734) 218-0348, e-mail her at keleigh@BellyBeautifulHenna.com or look up her websites at www.BellyBeautifulHenna.com or www.LookingGlassHenna.com. (Editor's note: Please note that Keleigh is due to give birth to her third child in February or March 2008.)

Alice Mixer, LMSW, and Bill Schafer, Ph.D., a clinical psychologist, were certified in November 2007 as teachers by Helen Palmer's school, Enneagram Worldwide (www.enneagramworldwide.com). The Enneagram is a system of growth-oriented, spiritually-focused personality typing that serves as a tool for self-awareness and enlightened growth. Whereas other personality type systems seek to classify individuals from the outside, the Enneagram works from the inside, allowing participants to learn not only about their own personality type and the types of others, but how to relax into and mindfully shift the patterns that keep us stuck in one of these nine types. According to Bill, in an interview conducted at his and Alice's Ann Arbor home, "If someone could tell you what the veil was that you were wearing that prevents you from seeing reality as it is, that would be a tremendous gift. That's what it's done for me." Alice added, "The unique thing about the Enneagram is to untie or relax the 'knots' of the personality. The Enneagram addresses this in a very precise way."

Alice and Bill have offered workshops for several years throughout the country related to the Enneagram in the workplace and in relationships, and they are interested in creating an Ann Arbor-based Enneagram discussion and study group. "People are very curious about it and want to learn more," Alice said. Their mentor, Ronda Pretzlaff-Diegel, who is listed below, co-facilitates a group in the Detroit Metro area. Appointments to determine one's Enneagram type and for Enneagram-based counseling are available with either Alice or Bill. In closing Bill said, the Enneagram offers a pathway to enlightenment that boils down to this: "Be in your body, open your heart and your head will function fine." Bill has also completed a book on the Enneagram and is currently seeking a publisher. Contact Alice at amixer2@aol.com or Bill at wmschafer41@aol.com or call them at (734) 769-3134.

Dr. Ronda Pretzlaff-Diegel, Ph.D., LP, RYT, synthesizes Enneagram studies with yoga and transpersonal psychology in unique and exciting ways. She offered Yoga and the Enneagram for the first time in November 2007. She has also been teaching Yoga for the Emotional Body for the past two years. She is a licensed clinical psychologist, nationally certified school psychologist, certified Life Force Yoga™ teacher and certified teacher of the Enneagram in the Narrative Tradition™.

As mentioned above, the Enneagram is a dynamic personality-typing system with a spiritual focus on self-awareness and enlightened growth. According to Dr. Diegel, Yoga and the Enneagram workshops "provide a brief introduction to the Enneagram, explore the similarities between the Enneagram and Yoga, and allow participants to experience a series of yoga asanas that deepen their understanding of the virtues of each Enneagram type."

In Yoga for the Emotional Body, Ronda wrote, "the wisdom of yogic practices can help you design a healing program to manage your mood." She offers 2- and 4-hour Yoga for the Emotional Body workshops that are suitable for all levels, beginner to experienced practitioner. "Employing the practices of pranayama (breath), asana (poses) and mantra (sounds), participants have the opportunity to learn strategies that remove emotional obstruction while creating a greater sense of wholeness, connection, balance and peace."

In addition to being a teacher and mentor to several local practitioners, Ronda also co-founded the Michigan Enneagram Center with Jo Ann Weber, and together they offer monthly Enneagram study groups, workshops and classes. They are also coordinating a Helen Palmer Enneagram workshop, listed in the "New and Upcoming 2008 Community Events" section below. For more information, contact Dr. Ronda Pretzlaff-Diegel at (248) 730-0597 or rmdiegel@earthlink.net or see her website: www.drrondadiegel.com.

Kathe Rogers, was initiated as an Adept in levels 1 and 2 of the Hierarchy of Light on July 2007 through Molly Ann Indura, Healing Facilitator and Guide Member of the Universal Brother/Sisterhood of Light of the Rocky Mountain Mystery School (www.BeTheLight.org). She has also been a guild-certified Feldenkrais Practitioner since 1997 and is currently half way through retraining in the method from the beginning. She earned her Mastery certification in the Anat Baniel Method in "at needs" children in 2006 (www.anatbanielmethod.com). In addition, Kathe is a professional artist, and she has been an Art Instructor at Washtenaw Community College since 1990. Kathe is now offering energy healing and custom blends of floral essences for clients with the assistance of her spirit guides, Lung Po, Tillicherry and two angels.

Regarding her most recent channeling and energy healing work, she wrote via e-mail, "My initiation as an Adept occurred July of 2007 with Molly Ann Indura and since then, the veils of memory, space and time have been lifting at what seems a rapid rate. It has been revealed that in the spirit kingdom my name is Sri Avateshvara Satyavara. I am remembering many, many lives in alternate worlds. I now channel over 37 healing guides…and feel so blessed in serving as I now do. I have not felt such joy since childhood. Two of my guides speak a language that I do not recognize, and yet do recognize as being very old. When I speak or think in this language my rituals reveal themselves with greater power. The most powerful guides I manifest through are Na.ho.mesh, a Shaman in the Great Lakes region at the end of the last ice age and Astarte, a high priestess of Ur and Deva. My house sits at the center of the Ann Arbor vortex matrix, on what was once Na.ho.mesh's seat of majick. Ann Arbor's vortex is as powerful as the vortex in Sedona. It is why we see such a congregation of healers and lightworkers in this area."

Like many other lightworkers, Kathe has gone through very difficult and challenging times in her life, and she is candid and open about her early experiences. She gave me permission to share what she wrote via e-mail, in the hope it will help other lightworkers coping with similar challenges. "My childhood was peppered with many very dark occurrences. All my life I was plagued with depression and what I later discovered was disassociative disorder. The extraordinary irony of my life is that I had to come out of mental illness in order to start 'hearing' voices, something that most people would attribute to severe mental illness. Fortunately, I was already involved in therapy at the time, and had a therapist who did not treat me as if I was crazy when I reported hearing clicks, pops, voices or someone giving me 'bodywork' as I meditated. Instead, she led me to various practitioners of light-healing modalities." Like many other lightworkers, Kathe chooses to use her own recovery and healing abilities to serve others.

Regarding what she sees as her future calling in this area, she wrote, "Part of my mission on this planet in this lifeline is to help other lightworkers build their talent and better their lives. I am doing this already with the essences and different rituals and healings, but the future will be even more exciting. I have promised my guide Na.ho.mesh that his land will once again be held holy, and will do all I can to insure that it stays that way by establishing a healing center and foundation here." For more information about Kathe Rogers' energy healing, channeling, flower essences, other work and/or establishing a healing community, contact her at (734) 971-5285 or at her cell # (734) 945-9178 or e-mail her at rogers@wccnet.edu.

RussaYog® is a groundbreaking form of yoga, using jute ropes firmly attached to studio metal beams secured to a wooden structure (or a portable metal frame). It was created by University of Michigan Engineering Professor Jasprit Singh and his wife, a lifelong yogi, Teresa. The RussaYog® Yoga Studio, located at 215 South State Street (2nd floor, above the Totoro Japanese Restaurant), has been open for four years now, but their teen classes (ages 11 to 16) are brand new and were offered for the first time in Fall 2007. RussaYog® practice includes four basic elements: 1) bal-lila, quick movements, literally meaning "child's play or dance/drama" in Sanskrit; 2) veer-lila or "warrior dance/drama," incorporating asanas, traditional yoga poses, using the jute

ropes for added balance and support; 3) garabh-lila, "birth dance/drama" or breathwork, encouraging self-awareness; and 4) nirvan or "merger dance/drama" where recovery takes place. "The idea is to be calm in the midst of stress," Jasprit said, in an interview conducted at the RussaYog studio. "It's safer to have something to hold onto, and the ropes are like a partner." Jasprit originally developed the jute rope yoga practice growing up in India while watching his father's yoga and meditation practice.

The studio itself is cozy and functional. There are colorful, interlocking rubber squares like you might find in an elementary school on the floor, framed posters of dancers and athletes lining the walls and a changing area and shelf for holding shoes at the entrance to the studio. I was honored to observe and participate in the teen class with eight youngsters. Jasprit, a sinewy, tall man in his fifties, was at the front of the room and would first demonstrate poses or ask questions which his students eagerly answered. Teresa, lithe and lean, was near the back of the studio and would correct students' postures. The students particularly seemed to like the bal-lila or active parts of the class, but they had also mastered the asanas and, as a former teacher myself, I was impressed by their ability to breathe deeply and get calm and centered. "Try to listen to your heart," Jasprit instructed gently, and the students would close their eyes, place their hands on their hearts and breathe. After class the students enjoyed juice or chocolate milk and a healthy snack like graham crackers.

RussaYog® also has classes and private lessons available for adults, as well as an instructional DVD and portable, lightweight "yoga trees." They also offer summer retreats in Santa Barbara, California and regularly host vegetarian potlucks, featuring nutritious and delicious Indian dishes, for their students. "It's been great fun. I've met a lot of very interesting people," Teresa said. "We can modify poses to suit any ability and any age, and an exciting development is that RussaYog is branching out in new directions and offering a teacher training in the near future." Contact Jasprit and Teresa Singh at (734) 604-0741 or talk@russayog.com or see www.russayog.com.

Dr. Malcolm Sickels, M.D., has recently brought reliable, painless, FDA approved medical thermography to Ann Arbor. According to Dr. Sickels' brochure, digital infrared thermal imaging provides a "non-invasive clinical imaging procedure for detecting and monitoring a number of diseases and physical injuries, by showing the thermal abnormalities present in the body." A thermogram registers heat and inflammation and, thus, pain can actually be "visualized," aiding your doctor in an appropriate diagnosis, prognosis and monitoring of therapy progress. In addition Dr. Sickels wrote, "As a screening test for breast cancer, thermography is best used along with mammography, boosting the sensitivity of mammograms from 80% to over 95% when used together. Since there is no compression and no radiation from the infrared camera, it can also be used as an alternative for women who don't tolerate conventional mammograms and in younger or pregnant women."

According to Dr. Sickels, "Thermography offers patients a quick 15- to 30-minute, painless testing procedure. As a physiological study (of heat patterns and sympathetic nerve response), it provides different information than a radiological study like X-ray, mammogram, ultrasound, CT and MRI." Digitized thermographic computer images are stored and sent electronically to a certified thermologist for analysis, then your report is color printed and a copy can be sent to your healthcare professional. Please visit http://www.AAthermography.com or http://www.drsickels.com or call (734) 332-9936 or332-6290 for more information.

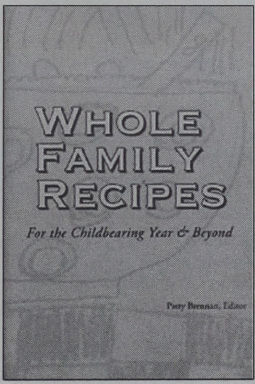
Maria Sylvester of Life Empowerment Coaching Center, located since March 2007 in the new Dakota Building at 1785 West Stadium Boulevard, Suite 103B, helps teens, adults and couples "realize their highest potential through a journey of self-discovery and mastery." Maria's twenty-three years of experience as a psychotherapist and MSW, as well as her own significant life transition three years ago, have aided her in creating a full-time coaching practice over the past year.

I first came across Maria's tri-fold brochure on the Crazy Wisdom bulletin board. I was drawn to the yellow, blue and orange cover with sunflowers and the words: "Life Empowerment Coaching Center: Life Coaching that helps you get to the heart of what really matters." I met her at her office and was very pleased to get to know her and learn about how and why she shifted to life coaching. She noted that her experience as a therapist certainly has value, but the focus in empowerment coaching is more positive and growth-oriented. "I think my pleasure…my joy in this work comes from helping people create a space in their lives and then find ways to get there…I believe everyone has the answers within themselves for what they truly need or want."

Maria creates a safe, playful space, where clients can explore possibilities for the present and future, rather than remaining stuck in past patterns. She explores issues important to clients, including work, relationships and spiritual growth. As she sets out in her brochure, she helps clients in "getting clear on what we want in our lives, and learning how to manifest those dreams," thus bringing "clarity of purpose and balance into our lives." When asked what the most challenging part of coaching was, she replied, "The most challenging aspect is helping people believe in themselves, helping them know on a deep level they have that power." Call Maria at (734) 663-9119 or e-mail at maria@lifeempowermentcoaching.net for information or a free initial consultation. See her website at www.lifeempowermentcoaching.net

Newly Published Books & CDs by Practitioners:

The non-profit Center for the Childbearing Year published a new community cookbook in 2007 entitled, *Whole Family Recipes: For the Childbearing Year and Beyond.* As Patty Brennan, Executive Director who also edited the book wrote me via e-mail, "While it is a guide to nutritious and delicious meals the whole family will enjoy, it highlights foods that are especially needed by pregnant women, breastfeeding mothers, and their growing children. Taking a non-dogmatic and down-to-earth tone, the book focuses on incorporating vitamin- and mineral-rich foods and good quality fats into the diet. It playfully encourages parents to experiment with 'new' foods as they transition to healthier food choices. In addition to yummy recipes, the book contains numerous 'tips' for parents and a collection of essays devoted to nutrition during the childbearing year, including a unique piece on 'The Birth Marathon—Food and Drink for Labor and Birth.'"



Contributors to the cookbook include midwives, doulas, moms and dads, with illustrations by children. All proceeds from the sale of this book support the Center for the Childbearing Year's programs that help moms and babies. The cost of the cookbook is $15.95, and it is available for purchase at Crazy Wisdom Bookstore, the People's Food Co-op and the Center for the Childbearing Year, located at 722 Brooks Street in Ann Arbor. For more information, go to www.center4cby.com; call (734) 663-1523 or e-mail info@center4cby.com.

Norma Gentile, Soprano and Sound Shaman, has a new CD out entitled, *Songs of Spirit (with Tibetan Singing bowls, Schruti Box, Guitar, Tibetan Flute and Voice).* Norma wrote to me via e-mail, "Recorded in live healing settings, the CD is designed to guide you into a deeply meditative state and release what is no longer serving your soul's journey. An hour in length, the music is gentle, yet very effective in helping even dark energies in a home or office space to release." Norma described the process in her healing singing by writing, "When I sing I see spiritual energies move in a room. Often I notice a shadow, like a density or gray mist, form in an area of the room or around a person. At these moments I know I must step back and let those that sing through me, such as the Hathor named Atamira, Archangel Michael and Mary help these shadows find their way home."

Sonia Choquette, best-selling author of Trust Your Vibes, wrote the following endorsement, "Norma Gentile's Songs of Spirit is a blessed gift from the heavens. Her beautiful music and glorious voice immediately clear away all energetic confusion and psychic disturbance, both in the atmosphere and in oneself upon hearing it. You need only listen to this wonderful CD to instantly restore your Spirit

to perfect harmony with Divine Grace and align your vibration to love. It is beautiful." Songs of Spirit can be purchased at Crazy Wisdom Bookstore, online at iTunes or by mail at www.healingchants.com/recordings_sos.html. Norma Gentile also has taught sound shamanism, healing techniques for energy healers, and she can be contacted at normagentile@comcast.net or www.healingchants.com for more information.

Dr. Kyle Morgan, DO, a local Integrative Family Practice doctor, has just published her book, *Brain Detox: Cleanse Your Brain, Heal Your Body, and Enjoy Your Life,* in January 2008. According to Dr. Morgan, "It offers a new paradigm for health and healing…a self-administered technique, rooted in ancient healing practices, that transforms your physical, emotional, and mental health—permanently and immediately. Unlike hypnosis and other mind-body practices, this technique replaces negative subconscious thoughts by entering positive mind-body statements into 'whole-brain looping,' a process which activates the right and left hemispheres, as well as the conscious and subconscious mind, simultaneously. This technique clears the subconscious of negative thoughts and restores balance to the autonomic nervous system. The healing of physical symptoms happens as a natural outcome of a balanced nervous system." Symptoms that patients have treated with Brain Detox include AD/HD, panic attacks, seizures, high blood pressure, tremors and migraines.

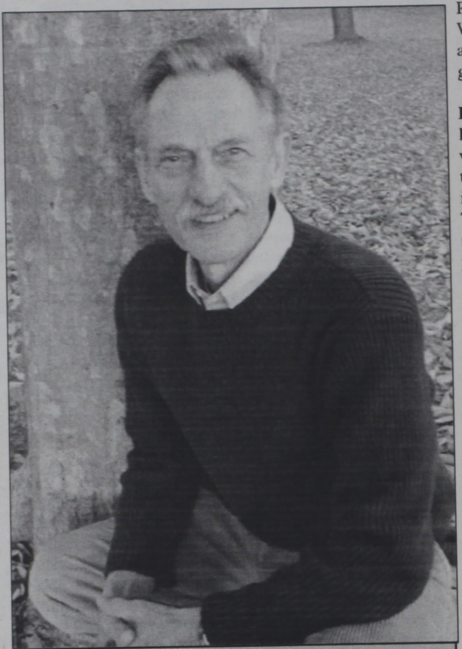
Via e-mail, Dr. Kyle Morgan wrote that her "life goal has been to answer the critical questions of why we get sick and how we heal and then assist people in their healing process." Her diverse experience and intensive work with patients in her Ypsilanti-based Osteopathic/Integrative Medicine practice have enabled her to offer some startling answers to these questions, which she shares with readers in her book. She also offers interactive workshops based upon her book. The next local workshop will take place on Saturday, March 1st, 2008 from 9 a.m. to 4:30 p.m. in the new Dakota Building on East Stadium. For more information contact Dr. Morgan at dr.kyle@comcast.net or (734) 434-3300. Her book is also available for purchase for $29.95, plus shipping and handling, on her website at www.doctorkyle.com.

A. Alex Wortman, MSW, psychotherapist and performance consultant, published a new book this past winter, entitled *The 13th Power: Performing at Your Best…in Sports and in Life.* The book provides a step-by-step system for mastering physical, mental and spiritual optimal performance. Drawing upon traditional Western psychology, Eastern philosophy, meditation practices and the martial arts, the author describes how playing a sport can be experienced as "a path—a way of awareness—a journey toward self-discovery and self-development."

When I met Alex at the Crazy Wisdom tearoom, he told me, "The book is all about the management of energy. How do you get into the zone where everything is unfolding effortlessly? Where those energies are managed and you can do what you want to do well." As a training and development practitioner for businesses and organizations,

What's New in the Community *(continued)*

Alex presents an ongoing workshop, entitled Optimal Performance Training. He also works with players of all ages, in any sport and at all levels of proficiency, offering one-to-one coaching for maximum performance. The 13th Power sells for $14.95 and is available at local bookstores. Contact Alex at (734) 665-6580 or wortman@comcast.net or visit his website at www.performingatyourbest.com.



Ann Arborite Alex Wortman is a psychotherapist and performance consultant. He is the author of the newly published *The 13th Power: Performing at Your Best... in Sports and in Life.*

New & Upcoming 2008 Community Events:

***Making Peace with the Writer Within* workshops with Jeannie Ballew and Sandra Beals are scheduled for four Tuesday evenings in January (January 8th, 15th, 22nd and 29th) from 7:30 to 9:30 p.m. or for four Monday evenings in April (April 8th, 15th, 22nd and 29th) from 7:30 to 9:30 p.m. All workshops will take place in the Crazy Wisdom Community Room.** Making Peace with the Writer Within offers an innovative way to work with the inner obstacles that keep writers stuck. One of the first things co-facilitators Sandra and Jeannie tell workshop participants is, "Don't kill your dragons—you need them." "What?" you might ask. "Everyone knows you have to get rid of your barriers if you are to proceed with the craft of writing." Well, it turns out that there are effective alternatives to "slaying." In a carefully sequenced process, participants are guided to identify, explore and really get to know their "dragons" so that peace may reign and creativity flow. Participants dive deep into their writing process and take home increased self-knowledge, confidence, as well as personalized practical strategies to identify and integrate their "stuckness." Jeannie and Sandra create a fun and challenging, yet safe, environment for this work, which includes a variety of activities, such as collage, creative writing, mind mapping, interactive exercises and energy work.

Sandra and Jeannie both have extensive teaching and writing experience. Sandra, a linguist and editor, has taught English and Spanish and managed and edited periodicals. Since 1980 she has helped hundreds of people improve their writing and awareness of language. Sandra currently works as a freelance editor, teacher and writing advisor. Jeannie has been teaching, training and coaching English since 1987. She has taught writing, designed seminars on writing and communication skills, and is currently writing her third novel. Her company, Edit Prose, offers book coaching to guide new writers through the writing and/or publishing process, as well as editing.

Jeannie Ballew and Sandra Beals launched their new workshop for writers, Making Peace with the Writer Within, in June 2007. Past participants have said the following about this workshop: "It has made me believe that writing is a part of me. I own it now. I can use it. . . . Thank you for helping me to acknowledge this reluctant part of myself . . . I now feel more fully alive than ever before. Look out—here I come!" "The workshop quickly and concisely gave me concepts and practical tools to accomplish getting unstuck and being able to express myself in writing as a result. I was struck by how much we got to in such a short time." Cost for the series of four workshops is $200. Contact Jeannie at (734) 994-6663 or editprose@provide.net or Sandra at (734) 998-3530 or sandrabeals@sbclgobal.net for more information.

Munay-Ki: Nine Rites of Initiation, facilitated by Lorna Brown and Ann Bradley, will be given in five Thursday evening workshops on January 31st, February 7th, 14th, 21st and 28th from 7 to 9:30 p.m., location to be determined. Lorna Brown and Ann Bradley recently participated in the Munay-Ki: Nine Rites of Initiation Master's Course presented through the Four Winds Society (www.thefourwinds.com), under the direction of Dr. Albert Villoldo.

The Munay-Ki are the nine great rites of the medicine way. The word "munay" means love. The Munay-Ki are the nine gates that heal us and transform our human energy field into that of homo luminous. They come to us in this form from the Inca shamen of Peru. The prophecies of the ancient Americas speak about a new human appearing on the planet: one who lives free of fear and resides in his or her transcendent nature. The Munay-Ki are the codes for the new human delivered in the form of energetic transmissions. Classes are also available on an on-going basis. For registration or questions please contact: Lorna Brown at (734) 428-8748 or starlab6@aol.com and/or Ann Bradley at (734) 945-0216 or annbradley@att.net.

On Saturday, April 5th and Sunday, April 6th, Helen Palmer will present a workshop on The Enneagram: A Spiritual Strategy for People in Relationship, location yet to be determined in the Detroit/Ann Arbor area. Helen Palmer is a preeminent teacher on the topic of Enneagram, a dynamic system of nine personality types, which can empower you to better understand yourself and others. Helen is the co-founder with David Daniels, MD, of Enneagram Worldwide (www.enneagramworldwide.com) and the Enneagram Professional Training Program. She also co-chaired the first International Enneagram Conference held at Stanford University in 1994, and she is a founding director of the International Enneagram Association. She has authored five books on the literature of consciousness, including two international bestsellers on the Enneagram, which have been translated into nineteen languages. For more information, contact Ronda Pretzlaff-Diegel at (248) 730-0597 or rmdiegel@earthlink.net or call JoAnn Weber at (248) 473-1538.

On Friday, April 25th from 6 p.m. through Sunday, April 27th at 4 p.m., Gaia Center is offering the first part of a four-weekend Sacred Plant Medicine Mystery School program, which according to Mary Light, explores "the world of connection and consciousness between people and plants, and how enlightened intentions influence the healing power of herbal medicine." She also wrote that the intention of this program is "creating community in sacred space, exploring communion with plant and nature energies, using vision, sound, ceremony, medicine making and energy healing processes in a retreat style approach to learning." Cost is $1100 for the entire four-weekend, retreat-style program (4/25 to 4/27; 5/23 to 5/25; 7/25 to 7/27 and 9/5 to 9/7/08) with a $300 deposit to reserve your space and $950 paid by January 2008. Registration deadline: March 15th, 2008. Lunches and dinners are included. Lodging (not included in the program fees) is available nearby to the Gaia Center southwest of Ann Arbor. Gaia Center is also seeking B & Bs or guest house accommodations for visiting students in the Scio Church Road/Parker Road vicinity: around Chelsea, Dexter, Scio Township and West Ann Arbor areas. Contact Mary Light at Gaia Center at (734) 769-7794 or see the website at www.gaiahealingarts.org for more information.

Peter Fleming, founder of the Pellin Institute (which has offices in London, and a retreat center in Italy), will be returning to Ann Arbor to conduct a series of talks and workshops from February 1st-15th. Fleming is a Gestalt therapist, and is also a teacher of Contribution Training. He has been teaching occasionally in Ann Arbor since the early 1970's, and he has trained many local therapists, social workers, psychologists and "people-workers".

His theme for the upcoming visit is "Passion and Purpose". In describing the theme, he writes to us: "Passions abound in the human condition, and these passions can give our life its directing purpose. We can be passionate about love, about politics, about our work or religion. We can be passionate about our partner, our kids, our Shakespeare, or our football team. Passionate Purpose can be the best and the worst of who we are. Passion serving a higher purpose can create beauty and goodness. Those same Passions can also create pain and destruction."

For more information about Peter Fleming, and his work, please check out the Crazy Wisdom website, at crazywisdom.net. On the website, clink on the link to the Crazy Wisdom Community Journal, and look for the section that contains previous articles published in the CW Journal. In the January thru April 2006 Issue, there is an interview with Peter Fleming, done by CW Community Journal editor, Bill Zirinsky. Also, there is an Ad for the Fleming visit in this issue of the CW Journal, on page 11.

Please be aware that the "What's New" column is part of the editorial part of the paper, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues which may come up, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New" column in a given issue. We are truly fortunate to have so many wonderful practitioners, events and holistic community classes and workshops available in the area, and our intention is to cover fairly and accurately new, upcoming community events and practitioners. Thank you for your continued interest and support!

If you would like to submit information to be considered for this column, please e-mail communitynews@crazywisdom.net or drop off or mail to the store: Attn: Lani Meilgaard, What's New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (May to August 2008) is March 1st, 2008.

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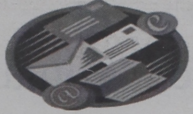

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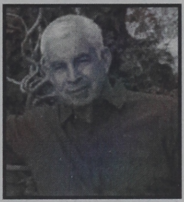
Talks and Workshops by Peter Fleming in Ann Arbor this Winter



Talk #1 -- Passion and Purpose; the Question of Goodness
A Talk in the Crazy Wisdom Tea Room
Monday, February 4th, 7-9 PM. - Free

Talk #2 -- Passion and Purpose: The Question of Destruction
A Talk in the Crazy Wisdom Tea Room
Thursday, February 7th, 7-9 PM. - Free

Day Long Workshops

Workshop #1
Our Passions At Home -- Saturday, February 9th

Workshop 2
Our Passions In the World -- Sunday, February 10th

The cost for these workshops is $85 per day or $150 for both days.

Peter Fleming is the founder and director of the Pellin Institute, which is located in London, England, and which has a retreat center in southern Italy. He is a highly experienced and talented Gestalt therapist, and a teacher of Contribution Training. He has been a Psychotherapist for over 40 years and is on the National Board for Humanistic Psychology in England.

For more information, call Ann Wright at 995-1272

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An Interview with Renaissance Woman Jeanne Adwani ~ Tarot Storyteller, Craftswoman, Poet and Hair Healer

Photography by Linda Lawson
Interviewed by Bill Zirinsky

(Jeanne Adwani is a Tarot Reader and Storyteller, craftswoman, artist, poet and "hair healer". She is an Ann Arbor original – lively, idiosyncratic, colorful and adventurously creative. She has been connected to Crazy Wisdom for more than 20 years --- we've carried her fiber art jewelry and her handmade line of craft Goddesses, and her mixed media artwork. She's led Tarot classes at Crazy Wisdom, and been a Tarot Reader in our Tea Room. Plus, for many years she worked as a hair stylist across the street from the old Crazy Wisdom on North Fourth Avenue, and it was in that capacity she became the in-house "hair healer" to a number of our staff people and their significant others. What follows is an interview done with Jeanne this fall.)

Bill Zirinsky: Jeanne, I think of you as one of Ann Arbor's renaissance women. You are many things ---a wise woman, a craftswoman and artist and jewelry designer, a Tarot teacher and reader, a writer and poet, a tattoo aficionado, and a hair healer. Let's start off with your telling us about your background with the Tarot.

Jeanne Adwani: Thanks, Bill, for all those compliments. I'm honored that you give notice to me in that way. Let's see…I held my first deck of cards in 1970. Intrigued by magic and the occult as a child and not knowing what that really meant, I was first fascinated by palmistry in my teens. The idea that everyone's hands are like a snowflake, unique and one of kind--- that idea absolutely held me captive and I stared at as many hands as I could, especially mine. I bought every book I could on it … which were pretty 'old school' approaches to Chirology, the study of palmistry. I knew no one who shared my enthusiasm, only the truly curious ventured into my passion, and those that thought I was a fun, interesting girl with a strange 'hobby'.

> I have a great love for color, texture and fiber. I love mixing mediums and putting words/stories to my work. I am attracted to most things that represent woman in powerful, magical ways…

Tarot card books sat next to the Palmistry books, alongside the Astrology books. They all became my interest, my fascination. Tho' palmistry is my first love, tarot cards, their pictures and stories, were really inviting me more deeply into their realm. I read that if you slept with a different card under your pillow you would get to know the cards better. Ya … well I did that. And that didn't really work. I really didn't believe the 'fortune telling' aspect of any of these 'occult sciences', not for not wanting to, I soooo did want to believe that something could tell me my future. The reason that they held my fascination and desire to understand them was more that people believed that they could do that and something about them frightened people. This deck of cards with pictures and stories scared people. I wanted to understand that, I wasn't feeling the fear. I was loving the archetypes, the story telling aspects of them, tho' back then I might not have spoken to that as I do now.

What I know in 35 years of Tarot indulgence is that they are cards that speak the language/story of elements, and numbers. They hold to archetypes that we all see everyday; that we all experience within ourselves every moment, i.e. the sage, the innocent, the warrior, the trickster, the champion … Tarot cards call upon my wisdom, your wisdom, at very elemental levels and give an opportunity to consider a different wisdom in a different context when you need to call that deep wisdom to the table of your life. Tarot cards are a 'leap of faith' -- a moment of inner trust -- that graciously offer an invitation to my own ancient wisdom to come forward and have a few wise things to say to me. Questions, big and small, give rise to this opportunity; by my shuffling and the pulling of a card/s, I lay before me pictures and numbers that can, if I choose, stimulate my spiritual, creative self to shift and see another possibility that, maybe, I hadn't thought of, to place on the altar of my life.

Tarot cards are a beautiful tool for deepening inner wisdom and trusting that we are indeed powerful beings.

Bill Zirinsky: And are you still teaching the Tarot, and doing Tarot readings?

Jeanne Adwani: I have taught spring and fall sessions at Crazy Wisdom for many years. I will be teaching again this spring. I love doing readings. My technique is not traditional. (surprise) I don't tell you your future. I invite you to consider what question/s you might bring to your own inner 'wisdom' that the tarot cards and I can assist you in opening yourself to. What might you consider, shift, tell another story for or about yourself; that you deny, avoid, ignore…in your life right now? What might you need to illuminate in your life, that needs your attention…right now? How are you flowing (water)? What are you doing (earth)? What feeds your passion, or needs to been seen (fire)? Tarot can be a spiritual practice that opens and expands your consciousness; it comforts your soul. It is another Path to inner wisdom.

Jeanne Adwani

"My spiritual community in Missouri, Diana's Grove, speaks to 'playing for the song'. I interpret that as living life as if it is a song that must be sung."

Bill Zirinsky: How does the Tarot influence your own life?

Jeanne Adwani: As I have spoken in my previous answer, it is a tool to invite divine Wisdom into my life. Sometimes that Wisdom is as simple as letting go of my inner critic, (not so simple really). I am reminded by the Tarot of the magic and wonder of life's elements and how I impact them and they impact me.

BZ: When you were teaching a class in Tarot at Crazy Wisdom last year, you spoke of how you were working to teach people to use the Tarot as a story-telling vehicle. Tell us about that.

Jeanne Adwani: I am of the belief that we all live in our own mythology all the time. We are elemental beings that gather the fire, the water, the earth, and the breath of our lives; we mix them up to create the rhythm, the pulse, that sustains us. I know that I make up stories about the world around me all the time, every time my eyes and my mind engages with 'other'. I know that I make up stories about myself that are not always kind and generous. I have stories about myself that do not serve my life to its highest good. What I know about this is that I'm a good storyteller and that every story I make up might not be all that needs to be revealed to me. I may have taken on the story my family gave me about myself. I may have made up something because I wanted love and didn't get it so that story is the only true story I have embraced. Since I make up stories about myself, imagine how clever I am about the story I make up about you. Unless you tell me your story, your truth, I'm likely making up something to fill in the blanks. We are all highly creative storytellers thinking we know what is the truth. A truth told from one's limited point of view.

With that said, using tarot cards as a story telling tool is a way to make up another story, consider another point of view, that might serve life better. Let the 'leap of faith' do its work and produce a series of cards that can give

another possibility to restore (re-story) my sense of worth and value.

So, my teaching invites the student to begin to really know and notice the stories that they have about their world. In that noticing, what might you do to change the stories that limit you? Tarot cards are a language of elements, numbers, and archetypes that combine in multi-sensorial ways. I teach that language. To know how the earth of you is affected by the fire of you; to connect with the breath of you, when you are drowning in your emotions. What happens when you give wind to your passion and you soar? Who in you wishes to speak, the Priestess in you, the Magician, the Lovers? The archetypes that portray us in these stories have a voice of wisdom that waits to be interpreted. I teach my students the many ways these voices might be, wish to be, can be dreamt into being.

To know how the earth of you is affected by the fire of you, to connect with the breath of you, when you are drowning in your emotions. What happens when you give wind to your passion and you soar? Who in you wishes to speak, the Priestess in you, the Magician, the Lovers? The archetypes that portray us in these stories have a voice of wisdom that waits to be interpreted. I teach my students the many ways these voices might be, wish to be, can be dreamt into being.

BZ: I know that you support yourself these days largely doing work with people's hair. Some call what you do a "hair stylist" but you have, in your own inimitable style, labeled yourself a "hair healer". What is a hair healer, and in what sense are you a hair healer?

Jeanne Adwani: Hair artist, healer, stylist… I claim them all. When I first starting calling myself a 'hair healer' I was acutely aware of how intimate my job as a Hair artist is. Not only do we share intimate space together for an hour or so, while I change your appearance, fluff and polish you; you share very personal life stories with me. I

Pears. Nov 6, 2006

Luscious
Poised for the taken
Held in time
Waiting
For the caress of your
Hand to lift me to your
Hungry waiting mouth.

I am ripe!
Timeless is the shiver of me.
The quiver of me.
My desire is to give my fruit
to your
Lips?

Teeth that will break the
skin of me
Release my moist desire,
free me from this suspended
moment.
Close my life to your lips.

Taste me.
Enjoy me.
Open to the core of me.
Spill my seeds
on the fertile earth.
Give me back to rise
again.

'hold space' for people to relax and be themselves. I am a friend and confidante. I consider that a very sacred position to be in. I feel honored that people give me such trust. It is alllll ways difficult when a person stops being part of my clientele, and I am left to making a story up about what happened or not. It challenges my sense of worth and well being and I take to my own self healing, shifting the negative story to a positive one. Another example of that mythologizing that drives me to the Tarot cards and my own wisdom to change the story to one of health and well being.

BZ: Tell us more about the life of a hair healer. Each day people talk to you about their lives. Is there a book in this --- you know, there was a book that came out last year about the lives of waitresses. Give us a sense of the intricate flow of your daily work, if you can.

Jeanne Adwani: Actually, I have been writing a book about "how to breakup with your hairdresser". A little tongue n' cheek sorta thing. I do hope that I really get to finish it one of these days soon. I have a lot of personal research on the subject.

The flow of my daily work is usually very satisfying and pretty darn fun. It's all one on one. So everything is up close and personal. I believe life needs lots of laughing. I make sure that that fills a lot of my day and your time with me.

BZ: Over the years, at Crazy Wisdom, we have carried beautiful jewelry which you make, and beautiful little goddesses, and fiber art objects. Can you talk about your life as a craftswoman, and about your work? And the kinds of pieces you have tended to focus on?

Jeanne Adwani: I definitely am a craftswoman. I have a great love for color, texture and fiber. I love mixing mediums and putting words/stories to my work. I am attracted to most things that represent woman in powerful, magical ways. I like thinking that I can mix the unlikely with the unusual and with that alchemist's hope and longing, create something glorious and magical. I like to see that happen within myself and within others.

For a long time I thought of myself as an 'outsider' kind of artist. I made up everything I ever did with no formal training. As usual, doing everything the hard way. There is something satisfying about finding my way through and into the process of making art. I will always need to be able to physically manifest some sort of something. I have been indulging completely in the craft of writing, which doesn't give itself to making art objects. It's very mental, and emotional for me, so I need time to create some physical objects to feel that earthy element in me working. I have been taking classes at Hollanders in the art and craft of book-making, papermaking, pop-ups etc.. It is in keeping with my poetry and stories that are flowing out of me these days. I even taught a class there in Mask making; casting your face and you making a 'story' on the external surface of yourself. Who might you be and how might you see your self? I will be doing that again in the fall of this year. Keep a look out for me there. It's magical.

BZ: More recently, Jeanne, you've been showing me poetry you've been writing, and essays, and now you're in a screenwriting class. This has come as a surprise to me, since I always associated you with your artwork, your crafts. What's up with this new direction, with this shift in your mode of self-expression?

Adwani: I have to write. It's a rite of passage for me. I have many stories in me that need telling. So…I'm a gonna tell 'em! I finished a series of 12 poems inspired by a class I taught last fall using the Tarot cards and the wheel of Astrology. I have them in a small book that I will be sharing in a limited edition at Crazy Wisdom, and (I hope) selling and giving a poetry reading or two.

The screenwriting class is incredibly challenging. I have to look at story telling in a very compressed, highly visual way, and transcribe that in a specific format. I have a movie that I'd love to finish and see what happens with it. It's called T's Compass. I'm hopeful.

BZ: It sounds like there is really a great richness to the flow of the stories that your hair healing clients tell you each day. In a given day, you must hear about deep sadness and illness, and new babies being born, and marriages about to take place, and others dissolving, and young women coming out, and middle-aged men losing their jobs, and so on... all in 30 minute increments, and all told to you in perhaps a more lively way than those very same people would tell their stories to their therapists, if perhaps they see therapists... what about your writing about the richness of your daily work life as a hair healer?

Adwani: I am blessed to have people who trust me in ways that let them feel safe in sharing some of their stories with me. It's a therapeutic relationship for both of us. I get a great deal from these sharings. As an extrovert, I embrace my deeper self by observing and being in the presence of others. Asking questions, and understanding the psychology/behavior of others gives me a wiser knowing of my own relationship to people, life, and myself. We are all amazing beings with rich inner stories. There certainly are stories to be writing about what people share with me. I have a couple I have in rough draft now. I could really 'work' the hair healer theme in my writing…

BZ: I've always thought of you as a natural performance artist. You always dress with great flair, with great color, and you combine your fabrics and materials in original ways. At an earlier time in your life, were you involved in costume or fabric design, or the clothing/fashion world? Clothes have been an important part of your performance art, and your self-expression, yes?

Adwani: Hmmm… well, I do like my colorful clothes. No, I'm not a designer in that way…My mother was. She made all her clothes or altered the ones she bought, because she was a tiny woman and had a hard time finding things to fit her. She became masterful at it. She taught it when I was a little girl. People raved about the amazing things she would make. Of course, she made some of my clothes when I was little. I loved that until I reached a certain age and wanted to choose my own style; she was disappointed by that. She transitioned 2 and half years ago, I still have in my closet the last thing she made for me about 20 years ago. I can't throw it away. I will have it till I die. Her husband --my 'popzee' -- has several of her masterpieces in the closet. Also, she made jewelry. I have a few of her lovely pieces. My mother was a real craftswoman.

Tarot cards are a beautiful tool for deepening inner wisdom and trusting that we are indeed powerful beings.

BZ: At some point in your life, you were very into tattoos, way ahead of the curve on that. What have they been about for you?

Adwani: Ah yes, those… If you want to talk collecting stories -- I am a living, walking piece of literary art. My skin holds many stories; some joyful, some sad, some are a mystery unfolding. Some stories have a life of their own and all you can do is give yourself to yourself to be a part of the wonder of the journey. This is part of my journey in this life, ongoing and full of possibility.

My first tattoo came on a road trip to San Francisco in 1972. A gaggle of us girls seeking fun. I met some cute guy and he wanted a tattoo at the famous Lyle Tuttle's Tattoo parlor. I went along, I was stoned, awed and transformed. I had no intention, nor had it occurred to me to get one. I left with a moon and star on the inside of my left wrist … so my external story began.

I grew up with serious skin allergies. It was unpleasant living under my skin. All the itching and bleeding, sitting in a bath of oatmeal once to twice a week to heal and soothe the incredible, non-stop stress of dealing with it. I'd wear cotton gloves to sleep in so that I wouldn't itch my self with my nail. Many mornings I would wake to

Interview with Jeanne Adwani (continued)

clawed arms and holes through the fingertips of the gloves from my itching in my sleep. And, the embarrassment of being in 3rd to 6th grade and going to school with long sleeves all year, bleeding on my clothes …blah blah blah … This is one of my most unpleasant stories. I tell this story because…I get to make my skin beautiful now.

I found a new appreciation for my body via having tattoos. My mother never liked them. That was always hard for me. My tattoos were our most difficult conversations over the years.

Tattoos are an amazing art form. They are beautiful to me. I have stood in awe before some of the masterpieces of tattoo art. Big Wow. I have no idea what done-having-them means. I don't know when a story needs telling on my body till I know. I do not have a favorite, tho' some I

Hair artist, healer, stylist…
I claim them all.

love more than others. The one I designed in memorial to my mother after she passed away two and a half years ago rates very high and precious to me. And yes… they hurt. The first question most people ask: "Do they hurt?" A needle going about 1500 times a minute pushing ink below the surface of your skin Hurts. "Then why do you do that"? I might answer that question.

BZ: You used to go to the Renaissance Festival every year... tell us about that.

Adwani: The Michigan Renaissance Festival happens in Holly, Michigan during the months of August and Sept. I worked as a Palmist there for 9 seasons. I dressed up as a Gypsy, whenchy sort of woman, draped in fabric of bright colors, hoping that I might have looked this way during the Renaissance era. I would take prints of people's hands and proceed to give them a 'reading', an interpretation of what I saw in the line in their hands. Once again, I did not offer a future read. As you may remember, I don't do that. I called it a practical read, an energetic read that looks to the flow of your life and body. Since I tell the story of Earth, Wind, Water, and Fire, I would speak that language to the 'seeker'. I learned a particular type of palmistry from a man in England when I lived there in the early 80's, Chinese Palmistry, which made sense to me. The lifeline is Fire, the heart line Water, the head line Air, the line up the center of the hand is Earth. All the mounds and fingertips have elemental qualities, as do those many lines that trace the palm. I would speak to how these elements moved in the person via how I notice them in her or his hand. What elements were strongest, weakest, what elements crossed each other, created conflict, or flow? I should teach elemental palmistry at Crazy Wisdom. It's fascinating and you always have something to read… your own hand…

BZ: What's it like for you to be so uncontainably creative and out to have fun, so young at heart, and a wise woman to boot, and now to find yourself at the ripe age of 60?

Adwani: I'm sure I am 'uncontainable'. That isn't always in my best interest. And life is not always fun! The creative force in me is strong. It's a compelling drive that keeps my life ever curious and full of wonder. I believe that curiosity drives me -- about people, about everything. I look around at the world, inside and out, and everything is someone's creation, my creation… What I think finds itself on the shelf of life. What you think finds itself next to me. Sometimes that is in physical form and sometimes it is what sits and brews within our consciousness and/or our bodies. Thoughts become what people imagine them to be. Thoughts are stories and I decide sometimes unwittingly that they are a flat truth and can not be anything else other than what I see or believe them to be.

Perception is very one-sided. To shift that contained thought process and find a flow that is more in keeping with supporting the positive, beauty of life and the living of it, I find the creative process the Way, the Path to my deepest self and the place I can give back to my world and make it a better place. It is my way of embracing my power and sharing. It is finding the sacred in my life.

I am of the belief that we are all extraordinarily creative powerful beings and can make the world a wondrous and healthy place. What I believe and think matters every moment. It is allll energy. I ask myself often, "How do I want my energy to flow right now?" How can my thoughts heal the planet, my relationship, my fear -- right now? I pray I can live everyday with a little more mindfulness and love and the gratitude of being a part of the creative force in life.

BZ: How long have you lived in the Ann Arbor area. What do you think of Ann Arbor these days?

Adwani: I moved here in the summer of '85, from London, England. I had lived there for 5 years and a set of interesting circumstances seduced me back to the States. That didn't work out and I was in need of cash and moved to A2 to gather some money so I could return to England. I'm a Michigan girl, and my family was having a reunion that summer. Between that and getting caught in the flow of Ann Arbor, I stayed. A very abridged tale of it all.

Ann Arbor is one of those cloistered places on the planet. A relatively small, self contained, seductive place that holds you in its clutches because it has so many offerings to such a diverse community. The university certainly brings in much of what becomes our culture here. An international community brings international intellect to a small Midwestern town. A seat of learning always brings amazing creative minds to mingle, inspire, and cajole each other. It can't help but happen. Having the beauty of the land and waterways that surrounds us invites the nature lover to explore and be active within minutes of the city. What's not to like about that?

For me, Ann Arbor tries to maintain its uniqueness, and exclusivity, at the expense of keeping some of those exquisitely creative, not so financially prosperous types from being able to live here. That kind of color and diversity gets pushed out of town, away from the core of Ann Arbor, where they need to be. Ann Arbor prices out the galleries and the independents from having a business here. Ann Arbor speaks to the arts and the value of having them, etc etc … and really it is nearly impossible to sell local art and have a consistent venue that supports us. There are very few of us that can and do make a living on our art.

BZ: What's on your mind politically these days, Jeanne?

For me, Ann Arbor tries to maintain its uniqueness, and exclusivity, at the expense of keeping some of those exquisitely creative, not so financially prosperous types from being able to live here.

Adwani: Ah geez, Bill. I pray for peace and try to be the peace and joy I wish to see. Some days are better than others.

I can barely utter my feelings about the global situation without my heart aching. I will never understand cruelty to any living thing. I hope the Earth does a polar shift and shakes us up and off before we hurt Her beyond our ability to live in health on and with Her. My golden rule is… Be kind. That is my politics. Kindness. And of course forgiveness, when my kindness rides the edge of … not so kind.

Title: **Love.. Love... what gentle madness is love?**

Jeanne Adwani's description of the artwork above:

Altered book and mixed media including photo print on linen, embroidery, vintage pill box, necklace, and handkerchief. Unpictured are pyroglyphic words that surround the outside of the shadowbox frame.

"For me.. this piece speaks to the vulnerability of Love; the joy and madness that this vulnerability can take you on as you test the waters of trust and honesty. The pill box is a place to give your fears till you are ready to open it and speak to it; share them safely. The black jeweled necklace is the dark beauty that this journey of love can take you on, not so much because it is dark in a negative way, more that it is the shadows that we hide in when faced with the challenge of being open and willing to let someone we love see our vulnerable self."

BZ: What's up with your romantic life these days, Jeanne?

Adwani: I am partnered to Diane for eight years. Everyday/moment is an opportunity to figure the amazing wonder of being in relationship. It's a major challenge. It's the place where I really get to find out how authentic I'm willing to be.

BZ: What do you want to be when you grow up?

Adwani: I want to be a navigator through outer space, a galactic diplomat, finding and meeting other life forms and bringing them to Infinity's Table of Kindness. A roundtable of creative beings sharing and integrating their differences and likeness; where communication is the way to deeply understand each other and accept each other; a place where we all celebrate the best of ourselves and find creative ways to soothe the worst.

On this planet, at this time... I want to be a writer. I want my writings to provoke, entertain, help shift consciousness. I want to be someone who shares kindness, joy and play as a spiritual practice.

BZ: Thank you, Jeanne.

Jeanne Adwani: Thanks, Bill.

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Turning Darkness Into Light ~ My Story of Living with Cancer

By Sara Schreiber

(I received a diagnosis of multiple myeloma, an incurable form of bone marrow blood cancer, in September 2004. One month later I began chemotherapy and have continued off and on until December 2006 when I decided, due to debilitating side effects, that I would never again have chemotherapy. For the past year I have tried alternative therapies-vitamin C infusions, anthroposophical medicines, Japanese Ki healing, herbs, vitamins, a healing diet, prayer, and love. I continue to have my blood monitored regularly and to meet with my cancer doctor at the University of Michigan Cancer Center to check on the progress of the multiple myeloma. My crucial "M-protein" number is about the same as when I quit chemo. I feel better than at any time since the diagnosis, and am writing a book titled "Turning Darkness into Light" about my experiences with cancer and what I've learned from this experience. The following are excepts from the manuscript.)

Writing has to do with darkness, and a desire, perhaps a compulsion, to enter it, and with luck, to illuminate it, and bring something back out into the light.

- Margaret Atwood

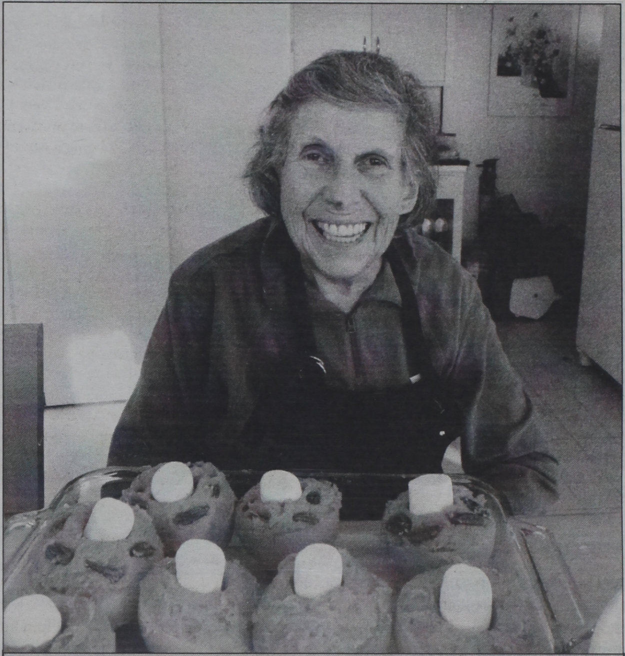
I am hoping to delay my death…I have been told the (death) train is on its way. And when it arrives, I will have no choice but to leave on it. So I live in hope that the train will be late. I am in no hurry to leave. Hope is my modus operandi.

I have cancer. I live with it. But I am not cancer. I refuse to be defined by it. And yet it has become a gateway to experiences I did not choose. Those experiences have given me insights I would not otherwise have had. My life has become a private war for survival. But paradoxically the private war also takes me out of myself as new challenges destroy my illusion of self-sufficiency. It has always been difficult for me to accept help from others. Now I am forced to do so.

I am hoping to delay my death. Yes, I know the old adage. "Everyone is going to die." But here is a major difference between folks with incurable cancer (or some other similarly grim diagnosis) and folks without it. Those receiving such news learn that the death train, the one that is bound for glory, as the song says, is on its way. Others will someday board the same train of course, but they haven't been told that their train is on its way. I have been told the train is on its way. And when it arrives, I will have no choice but to leave on it. So I live in hope that the train will be late. I am in no hurry to leave. Hope is my modus operandi. But my hope is in conflict with my new reality, so possibilities have become less certain articles of faith than they were before. Yet I believe in possibilities.

When I was first diagnosed, I was embarrassed and afraid. I indulged in magical thinking. Like every other crisis that had come my way as an adult I instinctively responded in ways formed in my childhood. In other words, I regressed. (I'm told that this is not unusual.) I did not allow myself to think that I had really had cancer, let alone a cancer that had no cure. I had to find a reason for this invasive outbreak. As a child I developed the illusion of omnipotence in order to avoid the burden of blame and abuse. So I myself must be responsible for my cancer. At some point I sensed that these feelings of helplessness, omnipotence, and guilt were all too familiar.

My maternal orthodox Jewish grandmother raised me. She and my grandfather adopted me after my mother died giving birth to me. I was my mother's first child. My mother was a talented concert pianist and was revered by my grandmother. My grandmother wanted me to play the piano. But it soon became evident that I could only play the radio.



Sara Schrieber is a therapist with a PhD in psychology. She is also an experienced psychodramatist; she founded and was the director of Empatheatre.

Each of my birthdays was therefore the anniversary of my mother's death. My grandmother would remind me repeatedly that I killed my mother. She did this especially when I was argumentative or tried to assert myself or ask questions about sex. I managed to make her angry much of the time. It is not something I consciously tried to do. I was determined to escape the pervasive blame that she managed to inflict on me. It took me many years of therapy to disassociate myself from this experience. She would look up at the ceiling and talk to her invisible god in guttural Yiddish and say: "Kookshun vas ze gattuned tzu mine tauchter ('Look what she did to my daughter.')." "Kook shun Gott, mine touchier geschtarbin from der. ('Look God, my daughter died because of her.') " "Kook shun! ('Look!') " She would glare at me with eyes afire. Then my grandmother would point her finger at me in case her god didn't know for sure where I was. Once more in guttural soul-wracking Yiddish "She is a murderer! Look what she has done!" When a fire bolt did not immediately come through the ceiling I began breathing again. Not until I was older did I understand my grandmother's agony. But as a child I soon learned how to look away and hope that this god who lived in the ceiling of every room in our small house would forgive me for killing my mother. The echoes of her accusations are still lodged somewhere in my soul.

My birthday is December 21, the winter solstice. Is this just a coincidence? My birth brought a death. For me, my birthday and my mother's death are forever conjoined. My birthday always has an air of sadness. The winter solstice is like my birthday. "It is the darkest day and yet the one promising a rebirth of the light. The winter solstice is a cusp. It is the moment when the light and the dark hold hands for just an instant, the time when the darkening sky gives way to the promise of a subtle dawn." (From a poem that Michael Andes wrote for me on my last birthday.)

After I found out I had incurable cancer I felt helpless and guilty. Was this God's punishment for killing my mother and not being more sympathetic to my grandmother? I felt that the cancer was my own fault. This is the dark side of my childhood willfulness. I was the perpetrator of my mother's death and of my own cancer. I was the cause of my family's' anguish when I was a child. And the family I have now is anguished because of my cancer. At some level I feel responsible for both families. My first response to my guilt over having cancer and to my helplessness was to become numb.

My maternal orthodox Jewish grandmother raised me. She and my grandfather adopted me after my mother died giving birth to me. I was my mother's first child. My mother was a talented concert pianist and was revered by my grandmother. My grandmother wanted me to play the piano. But it soon became evident that I could only play the radio.

I stayed numb for some time after the diagnosis. When friends and family asked what multiple myeloma is my husband, Richard, would explain the

Turning Darkness Into Light (continued)

Photo by Ruth Schekter

Sara Schreiber and her husband, Richard Gull, a recently retired philosophy professor.

disease to them. I was unwilling to put myself in this picture. I was disconnected from his words. I sat still and observed him explain details about the disease I had. I went to doctor appointments as if in a trance.

Then I had an awakening. Kathy has been my dear friend for a long time. She is a nurse and educator. I gave her the results of my blood tests and the cancer doctor's (Dr J.'s) reports. I wanted a prognosis. None had so far been forthcoming. Kathy, of course, could not ethically give me one but I wanted to know what the literature indicated about the survival of multiple myeloma patients. "Are you sure you want me to do this, Sara?" "Please" I said. She called two days later and her voice sounded very sad. "What is it Kathy?" I asked. "Sara," she replied, " Multiple myeloma is a bone-marrow blood cancer that, as of now, gives one on average three years to live." She sounded worried. But her words brought me back to reality. I was ready to declare a war for my survival. There was no alternative but to look closely at this death sentence and begin a new way of living. There was no choice. It was time. I began my education. I had to face the facts. I had to face me.

I asked my three children, Jan, Scott, and Rachel to come to our home in Ann Arbor and meet. I wanted to begin preparing them for my death. We first discussed how to divide my personal possessions. Since I don't have many possessions this did not take

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long. Instead of possessions my children wanted me to write something meaningful from me to them. I was surprised. So the idea of this book was born.

I also wanted to know how my children felt about my treatment options. Should I have chemotherapy or seek alternatives? My family was adamant about my having "proven therapies." I never understood what was proved in individual cases. It felt as if the "proof" was evidenced by the result of the many studies, which was less relevant to individuals. Nevertheless, I valued the opinion of Richard and my children. So I complied. I agreed to begin chemotherapy. They compromised by assuring me that if chemotherapy didn't work, they would agree to support my choice of alternative therapies.

The first encounter with this new side of my life meant taking steroids and Thalomide. I had an unexpected and frightening reaction to the steroids. I had several psychotic episodes. I tried not to inflict my outburst on Richard, so I closed our bedroom door to escape. It didn't help. Our home just isn't that big. Dr. J. took the steroids away and suggested a new treatment called Velcade. That meant going to the hospital twice a week for infusions, three to four hours each time.

One reason these infusions are so lengthy is that since Velcade is a poison (it says so on the label) it must be preceded and followed by infusions of saline solution. The infusions were administered in a large room in which 20 to 25 other patients received chemotherapy or other prescribed infusions. Velcade lowers the blood's platelet and hemoglobin counts. With platelets constantly on the decrease, platelet infusions were necessary. And low hemoglobin sometimes required more blood transfusions. My depleted blood brought weakness and shortness of breath. I was taken to the emergency room three times after Velcade treatments. I was often sick to my stomach with dry heaves. I kept feeling more and more disconnected from my former self. My energy was depleted and it became an effort to eat or get myself dressed each morning.

Another side effect was pervasive dizziness and physical disorientation. Late afternoon in December, as I was about to sit down, I missed the chair and fell on my left hip. I was in excruciating pain and knew immediately that something was fractured or broken. I was taken to the emergency room at University of Michigan Hospital. Two days later my fractured femur was repaired surgically by means of a titanium screw. This was the beginning of my bionic woman identity.

In June 2006 Dr. J. suggested a new cancer treatment--Revlimid-- that had recently been approved for multiple myeloma. Revlimid is taken orally and thus requires no infusions. By this time I had recovered from the fractured femur of 2004. I was sailing along for three months with high hopes until I again began having dizzy spells that affected my balance. I fell again on my left side at the end of August 2006. This time my leg was broken. A rod was surgically inserted. My bionic woman status was enhanced. It's a challenge going through an airport. I carry a little card now so that when I beep they won't search me for hidden weapons. The two injuries to my left leg in less than two years left me with a slower, uncertain gait. Recovery was slow. I was more dependent on others than ever before. I couldn't drive. My freedom was circumscribed. I was depressed.

Someone I loved once gave me
a box full of darkness
It took me years to understand
that this, too, was a gift

- Mary Oliver

My husband Richard is a philosophy professor. During my recovery from the falls, he was teaching full-time and was on several university committees. I was alone most of the time with our two cats. Regurgitating on bad chemo days, I felt I a special connection with the cats. After the last fall my California daughter, Jan, decided we needed help and put an ad on Craig's List. She flew in again and she and

> I decided that I had given chemo a try. Now it was time to do it my way…In retrospect, I feel that I compromised by subjecting myself to chemotherapy. I wish that I had not deserted my faith in alternative healing. At the point of the compromise, my willfulness failed me.

Richard interviewed possible helpers. Companions? Aides? The concept was new to me.

Patti was the first one we interviewed. She has remained number one ever since. Patti and I instantly became pals. With Patti I've surrendered some of my

fear of dependence and not struggled against it, which has been my usual mode of being. I now realize that one challenge of illness is relinquishing the illusion that strength of will can bring back my ability to do what I used to do. I now need help doing things I previously did myself. My energy and strength have declined. Since the beginning Richard has done his best as a caretaker but recovery from the second fall

Photo by Ruth Schekter

required more time and energy than he had.

Two months after Patti came on board I fell again. Luckily nothing fractured but I had a painful bruise on my tailbone. The pain medication the hospital prescribed gave me hallucinations. I thought I was in a hospital in Iowa. I was sure that Richard was involved with an old girlfriend from Iowa he had once told me about. Another day I was sure that I was close to an ocean and kept begging the nurses to take me out to the water just outside my window. When I made requests like "Please take me outside to the beach," the nurses would smile at me and nod. I told Richard that Nancy Pelosi, Carl Levin and Debbie Stabenow had come to visit me. Of course they didn't. After I came home I was unable to drive. The effects of chemo continued to make me dizzy. My sense of balance was impaired. There was still a kind of fog in my head known in the vernacular as "chemo-brain." I was grateful to have Patti in my life.

Dr. J. and I agreed to stop the new regimen of chemotherapy in December 2006. Now it was time to do it my way. "You're so sensitive to all of these drugs," said Dr. J. He felt that I had achieved "partial remission," so medically a hiatus from chemo for as long as this plateau continued was justified, even though the disease was still "smoldering." But he did not abandon me nor I him. I have continued weekly blood tests and Dr. J and I meet monthly to discuss my progress. I decided that I had given chemo a try. Now it was time to do it my way. I had fulfilled my end of the compromise with my family. I knew they would support me in my pursuit of alternative healing. They did support my decision, but they wanted me to treat the alternatives as a trial. My position was that I would never do chemo again. Richard, my primary physician, and my therapist said to never say "never." "What if the multiple myeloma comes back with a vengeance?" "You might at least try chemo off and on again some time in the future." I listened and said nothing.

For the past eight months, Patti and I have driven to Sterling Heights, Michigan to the dojo of a respected Japanese healer whom we call Sensi. The treatment is hands-on. I sit in a chair opposite Sensi. His warm hands work on me for about 10-15 minutes, and then I go to the spot where his assistants continue the treatment. Sensi is able to feel the areas of distress and connect his energy to them. He often emits whistling or hissing sounds. This is part of the Ki healing. He speaks little English. When I indicate an area of concern to him he will often say, 'Don't worry, I fix." His spirit always lifts mine. Sensi's healing is a much more effective treatment for my depression than Cymbalta which I took for a while after the diagnosis but no longer need.

Sensi came to the United States from Japan twenty-three years ago. I heard from other clients that Sensi was able to heal his own daughter of brain cancer many years ago. But he makes no promises about cancer cures. After a treatment with Sensi I feel stronger. I wish I had skipped chemo and come to Sensi and other alternative healers first. In retrospect, I feel that I compromised by subjecting myself to chemotherapy. I wish I had not deserted my faith in alternative healing. At the point of the compromise, my willfulness failed me.

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These days small things, like certain looks from another, can break my heart. My emotional defenses have been weakened. For example when we recently applied for new health insurance, the benefits man was friendly until I told him I have cancer. His lips immediately tightened; he turned and looked at his computer. I felt that he saw me as an untouchable. Larger things, like people dying in an unnecessary war, enrage me so much that I cannot watch news reports or talk objectively about it. I am more than ever before empathetic to the plight of others. I feel a strong connection, real or imagined, to other people waiting for tests or appointments in the Cancer Center. Though these silent interactions are situational, reciprocal looks affirm a mutual recognition of membership in a dark waiting club.

Sometimes when I wait my turn in the hospital I think about what else I could be doing if I did not have this enervating cancer. I could be planning trips to Italy or Peru with Richard, teaching psychodrama, or volunteering for the Obama campaign. But these are my fantasies. And yet there is wisdom in recognizing the reality of my circumscribed possibilities. Chogyam Trungpa has written:

> Disappointment is a good sign of basic Intelligence. It cannot be compared to anything else. It is so sharp, precise, obvious and direct.
> Then we begin to see that our expectations are irrelevant compared with the reality of the situation we are facing.

For me, planning now involves a large dose of folly, and yet disappointment is a source of wisdom. Love is not love if it cannot withstand disappointment. Disappointment can seal a marriage—or end it. My expectations are overwhelmed by the reality of my situation. There is an old Yiddish proverb: "Mann tracht und Gott lacht." ("Man plans and God laughs.") I feel the truth of this more intensely than before my diagnosis. Before, I was filled with plans.

> These days, small things, like certain looks from another, can break my heart. My emotional defenses have been weakened.

Life's possibilities abounded. Now, I stop myself from connecting to a tomorrow or to an outcome. The present is more real, while expectations about the future are less so. I am acutely aware of feeling my breath, especially when I pray. Waking up each morning, moving my limbs, looking at the morning sky, seeing and talking with my husband, spending time with my grandchildren, are simple joys that fill me with gratitude. But this is not a simple way to live; it is an uneasy balance between wishing for future possibilities and hoping that God is not laughing. Each moment has become precious. I experience holiness in others. I am grateful that I am not alone. My California daughter Jan calls at least twice every day. Each conversation ends with her saying to me "I love you. Walk mindfully, Mom." That is not only good advice for her mother the klutz, it is a mantra for how I now need to be.

My need to overcome childhood adversity made me willful. It is my grandmother to whom I owe this. In her rage over her daughters' death, she tried to annihilate me. She inadvertently taught me how to survive. From the darkness of my childhood came a will to find the light. I thank her and I bless her for this. I pray that if, as some believe, my grandmother gets a return trip through life, she can live it without bitterness and fill it with health, happiness, and laughter.

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Sara Schreiber will hold a workshop on living with cancer, and turning darkness into light, on January 12 from 9:30 am to 2:30 pm, lunch included, at Steiner Stone School House. $80. A few scholarships are available. For more information, call 734-662-1450.

Anthroposophic Medicine in Ann Arbor ~

A Visit with Dr. Molly McMullen-Laird and Dr. Quentin McMullen, and a Look at the Anthroposophic Approach to Healing and Health Care

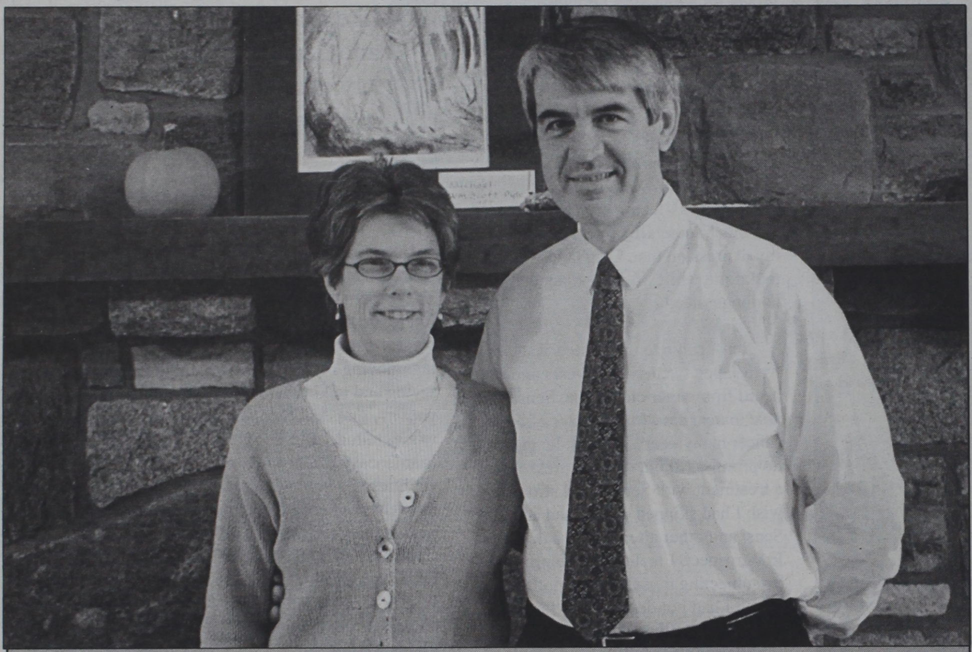


Photo by Kris Doten

Dr. Molly McMullen-Laird and Dr. Quentin McMullen practice Anthroposophic Medicine at the in-patient Rudolf Steiner Health Center (on West Liberty), and at a CSAM out-patient clinic (on West Stadium).

By Lani Kwon Meilgaard

If you're like me, after reading the title above, you're probably asking yourself, "What the heck is anthroposophic medicine?" I knew "anthro-" means man, and "-sophic" means study, so it had to do with medicine related to study about human beings, but beyond that I was a complete novice.

According to the Physicians' Association for Anthroposophic Medicine: "Anthroposophic medicine works with the idea, intrinsic to most healing traditions, that in addition to physical matter the human being contains life force, soul, and spirit. Anthroposophic medicine seeks to understand each medicinal plant and mineral substance qualitatively, via a contemplative approach to nature, which adds much to the conventional materialistic view of pharmacology. Anthroposophic physicians view illness in the context of their patient's life path, seeking to support each patient's full individuality." Thus, anthroposophic medicine provides a complementary, holistic approach to standard Western medicine, which often misses out on the spiritual component in healing and health care. Moreover, anthroposophic medicine focuses on more than an individual's diagnosis and standard medical treatment. Anthroposophic doctors see patients in the larger context of their environment and life purpose.

I first heard about anthroposophic medicine when Mara Gibson, Secretary of the Board of Directors of Community Supported Anthroposophic Medicine (CSAM), contacted Crazy Wisdom by letter last spring. She asked if we might consider interviewing Dr. Quentin McMullen and Dr. Molly McMullen-Laird, who have been practicing in Ann Arbor for over a decade. Both doctors specialize in Internal Medicine, were trained in Western medicine and are MDs. Molly earned her medical degree from Tulane School of Medicine in New Orleans, and Quentin received his medical degree from Louisiana State University School of Medicine. They also received additional on-the-job training with the U.S. Air Force while stationed in Bitburg, Germany, as well as specialized training in anthroposophical medicine in Switzerland. In addition, Molly worked at the Ita Wegman Klinik in Arlesheim, Switzerland and Quentin trained at the Filderklinik in Germany and the Lukas Klinik in Switzerland. These experiences provided the foundation for what would later become the two parts of their anthroposophical medicine practices. Their out-patient clinic, the Community Supported Anthroposophical Medicine is a not-for-profit organization with a membership that has grown from 37 in 1997 to approximately 100 members currently, providing health care services with a focus on education and prevention for about 250 people in our community. The Rudolf Steiner Health Center, an in-patient "complementary and standard medical treatment" center, offers two- or three-week health retreats.

I initially visited the McMullens' in-patient facility while it was out of session in late-July. The Rudolf Steiner Health Center is located at the Anna Botsford Bach home, a three-story Victorian structure in the historic West Side of Ann Arbor. It was pouring down with rain the day I stopped by, and I was grateful for the opportunity to chat in the cozy surroundings of the retreat center. Dr. Molly McMullen-Laird greeted me first at the door, mentioning that her husband was running slightly late but would soon join us. I assured her that I was early and didn't mind jotting down some notes while I waited. Molly is a savvy, down-to-earth kind of woman. She has short, brown hair and dresses comfortably, and she evokes an immediate sense of competence. She gave me a tour of the first floor of the center, in which most of the anthroposophical healing therapies take place when in session.

There is an alcove at the entrance, where people can remove their shoes and borrow a pair of embroidered, cotton slippers. Velvet and brocade upholstered furnishings and oak wood paneling give the impression of visiting someone's well-cared-for stately home. She showed me first to the library, where patients can relax, read and research information related to healing and Rudolf Steiner, a visionary Austrian scientist and philosopher who lived between 1861-1925 and who created anthroposophical medicine, among other groundbreaking ideas. There is a small store stocked with books, postcards, homeopathic treatments and biodynamic, all-natural body-care products by Weleda and Dr, Hauschka that the McMullens prescribe for their patients. (Biodynamics is a Steiner-inspired agricultural system in which the farm is viewed as a living organism that can support itself with farming practices that honor the natural rhythms of the environment, plants and soil.) There is also a portrait of philanthropist Anna Botsford Bach in this room above one of the bookcases. According to the retreat center materials, "Dr. McKenzie, an obstetrician, built the Anna Botsford Bach home in 1916. The building was then purchased by Anna Botsford Bach in 1927 and used as a home for elderly women until 2002, i.e. 75 years of service!" The McMullens purchased the house in June 2003 and have since then offered retreats for "ambulatory individuals with chronic illnesses, or anyone seeking a restorative regimen" with the goal of eventually operating a full-time facility.

There is a healing, relaxing feeling about the house, a sense of peace and restfulness. The living room, across and up the hall from the library, features a piano and furnishings gathered into a circular arrangement. Everyone in the retreat gathers here each morning after breakfast to sing in harmony. Some patients are prescribed music therapy later in the day, which focuses on "harmonizing the activities of inner organs through directed listening and playing on therapeutic instruments;" and/or therapeutic eurythmy and spacial dynamics, a method "using archetypal and focused movement to harmonize and strengthen the body and soul." Dr. Quentin McMullen joined us at this point in the tour, and I had a chance to talk with him about his experience as a doctor at the retreat center, CSAM and the Rudolf Steiner School, where he is also the school physician. Quentin has a calm, reassuring presence, as well as an easy-going nature that conveys confidence in his work. Like Molly, he was dressed casually in slacks and a long-sleeved shirt. He told me, "Though relatively new in the United States, anthroposophic medicine has been practiced in Europe in hospitals and out-patient clinics by fully trained medical doctors for over eighty years. The Rudolf Steiner Health Center was modeled on the Lukas Klinik in Arlesheim, Switzerland."

The art room, at the end of the hall, has large windows, allowing in natural light, and is where artistic and color-light therapy are offered. In artistic therapy each patient uses drawing, watercolor painting and/or clay modeling in a prescribed way that focuses on the process, rather than the end product, to encourage healing. In the color-light therapy patients are exposed to color and light to encourage "strengthening the soul." According to their brochure, another anthroposophical healing method called speech formation therapy involves "transforming the breath and discovering the inner life of speech through rhythmical speech exercises." Thus, anthroposophical medical therapies focus not only on the physical bodies of the patients, but also on the emotional, mental, and most importantly, the spiritual or soul parts of the whole.

In alignment with this philosophy, the McMullens realized that designing an effective in-patient recovery program would involve healthy daily routines, such as the patients eating nutritious foods and the staff using environmentally-friendly cleaning products. The dining room, to the left at the end of the hall, is where organic, biodynamic meals, prepared by cooks trained by Dr. Molly McMullen-Laird, are served three times a day when the retreat center is in session. Molly most closely follows the Lukas Klinik diet plan for cancer patients because it is largely vegetarian, easily digestible and highly nutritious, and she also uses several recipes that were passed down in her family. Staff use only biodegradable and perfume-free laundry and cleaning agents in the center. Each patient receives specialized anthroposophic nursing by supervised staff, including treatments such as "compresses, nursing massage and footbaths," and each patient has an individualized schedule, ongoing visits with their doctor and a prescribed treatment plan, unique to their recoveries. Evening lectures on anthroposophic medicine, nursing, food and nutrition, as well as community and social events, such as concerts, round out the schedule.

Photo by Kris Doten

Dr. Molly McMullen-Laird and her daughter, Sara McMullen-Laird, who is an Art Therapist, talking with a patient at the Rudolf Steiner Health Center.

Later, in early August, I visited the Community Supported Anthroposophic Medicine (CSAM) out-patient clinic on West Stadium. The CSAM is a modest one-story, brick building with a massive skylight in the center, providing natural light over the reception desk. The lobby featured a tropical fish tank in the lobby and magazines such as National Geographic, Smithsonian and Lilipoh: the Spirit in Life, a quarterly publication dedicated to the anthroposophical approach to health and living. The aroma of healing herbs, like yarrow and lavender, drifting from the pharmacy and small store adjacent to the lobby gave the place the familiar, comforting feeling. There were chairs in the waiting room along the wall for adults, while a play area with child-sized chairs and a table was set up for children. Molly and Quentin said that when they first opened the practice, "members of the patient organization donated many of the furnishings, almost like a community barn-raising." This gives the lobby a homey feeling.

The building used to be pediatrician Dr. Graves' office and, like the Rudolf Steiner Health Center, it has the historical ambiance of a supportive, healing place. Additionally, it is carpeted with interface carpet tiles made from recycled carpeting, which ensures that they are eco-friendly and do not give off harmful gases that could harm chemically-sensitive patients. The McMullens consulted with architect Robert Black of Sun Structures, who also designed the Leslie Science Center, when redesigning the facility to fit their patients' needs. The building houses examination rooms painted with "lazure" paintings, a Steiner technique, using pastel washes of color. There are also shelves for the medical records, storage space for medicines, herbal infusions and treatments, an infusion room with three recliners for those patients receiving treatments for cancer, a kitchen, bathrooms at either end of the back hall and a laboratory/storage room. I found the out-patient location to be inviting and comfortable, and I was honored to sign their guest book at the end of that visit.

> Anthroposophical medical therapies focus not only on the physical bodies of the patients, but also on the emotional, mental, and most importantly, the spiritual or soul parts of the whole.

In October I was delighted to be invited back to the in-patient Rudolf Steiner Health Center for the final day of an autumn retreat that was in session. I had an opportunity to talk with qualified staff and several patients, who were very generous with their time and personal stories. In the interest of maintaining the patients' privacy, I asked how each person would like to be identified in this article, and most opted for first name and last initial. They had all signed release forms upon entry into the retreat, but I also wanted to respect those who did not wish to be interviewed and who preferred to focus on their own healing and recoveries while at the center.

I joined the staff and patients for morning coffee and later for a delicious, organic, biodynamic lunch. Tony B. was recovering from side effects of standard chemotherapy. "The caring of the physicians has been important to my recovery." He added, "The soul is also important; the artistic pursuits help in recovery." Barry S., recovering from two strokes, said, "It was a long road to recovery." He has been to the Rudolf Steiner Health Center eleven times in the past four years, and his wife, Lynn, who was visiting, said he has made tremendous progress. While most of the patients at the center are recovering from chronic illnesses or injury, some participants are seeking a relaxing health retreat. As Robert H. explained, "I came mostly for the relaxation and rejuvenation and out of curiosity."

The McMullens' children, Sara, 25, Lydia, 19, and Samuel, 12, sometimes help their parents at the center or CSAM. That day both Lydia and Sara were there, Lydia was helping in the kitchen and serving breakfast and lunch, and Sara was facilitating the singing of rounds such as To Stop the Train, Jubilate Deo and Dona Nobis Pacem. At first I felt a bit shy, but I soon found it was a fun, uplifting experience to sing with the others. After reciting a verse, which blessed the house and the people in it, each of the patients followed schedules specifically designed for their individual recoveries, while I settled in the hall and then the library, making myself available to those who wished to be interviewed.

Judy H. shared, "I didn't feel well a good bit of the summer, and there didn't seem to be any particular medical diagnosis. I wanted to address what I assumed were issues of stress." She added, "I didn't want to work with someone who saw my body as a mechanical machine. I wanted someone who could address body, soul and mind holistically." **Anne B. generously showed me what she did during eurythmy therapy and told me, "Eurythmy is from the Greek word, which means 'beautiful movement'. Everybody innately has this quality within him or her. They just have to bring it out. It's visible speech and visible music, a healthy form of movement." Shondeyá,** who was recovering from chronic fatigue syndrome, migraines and the side effects of prescription medications she had been taking for years, said, "I would say that you get the best of both worlds with anthroposophical medicine. In all the therapies here, the soul and spirit is key."

Finally, Kay R., who preferred not to reveal why she was at the retreat, said, "My overall impression is that this center offers an environment and services that are unique in the United States." Based on her own experience with both standard medical care and complementary anthroposophic medicine, she added, "If I wanted to communicate to people who were trying to decide what to do with their own therapies, I would say to them that modern medicine, as it is practiced today, includes practices that are major assaults on the body. The immune system can be compromised, especially with chemotherapy or radiation. People need to understand that, instead of getting on the conveyor belt of 'best practices and standard of care', what's provided in anthroposophical medicine is complementary, that means you're not choosing between conventional therapies or alternative therapies. You can have both. People need to know that."

Thank you to Dr. Molly McMullen-Laird and Dr. Quentin McMullen, as well as the staff and the patients at the Rudolf Steiner Health Center health retreat I visited for sharing their experiences. Thank you Community Supported Anthroposophic Medicine (CSAM) for offering us professional, caring holistic medicine in alignment with our mind-body-spirit Crazy Wisdom community.

(Dr. Quentin McMullen and Dr. Molly McMullen-Laird can be contacted at (734) 222-1491 for the out-patient Community Supported Anthroposophic Medicine (CSAM). The CSAM address is 1825 West Stadium; their e-mail address there is CSAMMed@earthlink.net. The CSAM Patient Organization is still accepting new members. Memberships are sliding scale: $100 to $70 per month for a family membership and $55 to $35 per month for individual memberships.
The in-patient Rudolf Steiner Health Center is located at the Anna Botsford Bach home, located at 1422 West Liberty; the e-mail for that location is RSHC@earthlink.net and the phone number is (734) 663-4365. Retreat rates vary based on single- or double occupancy, length of stay and include meals, accommodation and anthroposophical medical treatments and therapies prescribed by the doctors. As of publication, the two-week health retreats on February 11th to 23rd or April 28th to May 10th, 2008 at RHSC are $4350 double occupancy and $4935 single occupancy. See their website at www.SteinerHealth.org for more information.)

If You Could See Her Through My Eyes ~ A Journey of Love and Dying in the Fall of 2007

By Bill Zirinsky

November 1st

If you could see Juliana through my eyes, she wouldn't look like a dying child. But she is. From the outside, she looks like a tiny, 9 year old girl, disabled, non-verbal, with a nasogastric tube for her feedings, hearing-impaired, and unable to use her hands. But to me she is the most exquisite little faerie sprite this side of Paradise.

Juliana is dying of the same ultra-rare, neuro-metabolic, degenerative disorder that her brother, Sam, died of four years ago. (So rare that the precise nature or "etiology" of the biochemical defect which they both have suffered from, is as yet unknown.)

Sam was just short of his tenth birthday when he died. We didn't know he was dying, we just knew he was losing steam. This time, we are all too aware that Juliana is dying, right before our eyes. We can remember the path of Sam's illness, and we watch as Juliana follows in her big brother's footsteps. Of course, Sam never walked, so following in his footsteps is a tricky thing to do.

Yet one senses that Juliana is not entirely discontent about her path. She is frustrated at times, as she loses motor functions and skills, and she cries sometimes when she feels sorry for herself, for her situation. Yet there has descended upon her a certain wisdom and meditative resignation, which is very becoming. Meanwhile, she does suffer physically, and that is painful for her and us.

Most people think this must be an awful time for our family. I do not see it that way. As Juliana fades, I find that life is intensely rich, and that my love for her deepens beyond words. My time with Juliana is sweet, and I'm savoring each of her smiles.

From the outside, one sees what is hard. But I'm living in the moment with Juliana, and the good moments are wonderful.

> Juliana is a rare bird, a butterfly, a snow fountain cherry blossom. She is, to me, all that is tender and innocent and light-filled. How do you say goodbye to that which is the most cherished? How do you say goodbye to the one who is most cherished?

It's a beautiful fall day, the day after Halloween. The sun is shining brightly, and the fall leaves are turning. Juliana is at school, as I write, and each day that she is well enough to be in school feels like a blessing.

Last evening, Juliana and our family went trick-or-treating on Granger Avenue, which is the Burns Park neighborhood's designated Halloween Candy Central. Juliana was so animated, excited to be out at night, proud of her fairy princess costume. She conked out on the early side, and so she went home early with Maka, while we stayed out with her sister, Leela. Sitting in her car seat, ready to go home for her bath and bedtime, Juliana looked at me as if to say, "Dad, I really partook this year --- been here, done that, take notice."

And as I kissed her five, six, seven times before parting with her, I just felt it was her last Halloween. We've had years of pushing Sam, and now Juliana, around in their wheelchairs, amidst all the healthy kid in costumes, and it's never been easy, but we've made a pagan night of it.

A few days ago, Juliana's physical therapist came over to work with her. Juliana looked weak and less-than-alert. But Karen has been working with JJ (as we call her) for her whole life, and slowly she roused her. Once roused, Juliana was so delighted and pleased with herself to be using her body, and to be standing (supported). We've always called these physical therapy sessions "the JJ Show" and the audience (my wife, our other daughter, our child care provider, and any other house visitors) applauds her readily.

Juliana beamed for about 25 straight minutes as she did all that Karen asked of her. It was hard work. Rolling over a physio ball, stretching, assisted walking, bending, torso turning. When JJ makes progress in physical therapy, I see an unfettered hope in her eyes --- "Hey, I'm walking again". When JJ's smile is infused with that light and hope, I'm content with the world. There's always a letdown after Karen leaves, for all of us.

Photo by Ruth Schekter

Juliana Zirinsky, age 9

It is less than two years ago that Juliana began to have somewhat regular seizures. At the time of her 8th birthday party, in May of 2006, she was still walking around, and I remember her standing on her own as we helped her to bat the birthday piñata. Soon thereafter, she stopped walking. Then, last winter, she slowly lost the ability to stand unassisted. In the spring, she began to lose the ability to sit unsupported, and grasping everyday objects became harder and harder.

On the days that Juliana is relatively well, we breathe more easily. But over the last few months, her health has been tenuous. She's dodged quite a few bullets these past few months… to use the expression our pediatrician used. She came home from the summer with pneumonia, and she dodged that bullet. She had a urinary tract infection that sent her to the ER, and she dodged that bullet. And she's had an ongoing, unexplained low-grade fever even when otherwise well. She takes 4 seizures medicines twice a day, and other medicines, and she's been getting Motrin or Tylenol around the clock most days. Overall, her decline is noticeable, and irreversible.

Whenever she is not well, we feel her vulnerability. It wouldn't take much more than a blustery breeze to knock JJ down and out. Her resources are limited; she is, after all, only 25 pounds at the age of nine! And, at a certain point, Sam's body just gave out. JJ is not so far off from that point of no return for Sam.

I've been loving giving Juliana her evening bath. She has a special bath seat for handicapped kids, and in it she can lie back. She and I spend time soulfully looking at each other while I shampoo her lustrous brown hair and soap her up. With her hair wet, she is so beautiful. She has the most gorgeous eyelashes, and big brown eyes. She really loves having her Daddy give her a bath. I love giving it to her.

A child who is as disabled as JJ is, who can not much move her own limbs at will anymore, is particularly dependent --- there is a very fine tactile dance that Juliana and I navigate during her baths. She has to cooperate, and I have to be respectful and careful. And when the dance works, she is gleeful, and I'm satisfied with my part.

Never have I known such tenderness as I do when I am taking a washcloth to her skin near the tape that holds her nose tube. It must be an irritant to have tape stuck to her body 24-7, and so I think she really loves me when I do a good job of cleaning around that area without suffocating her. She always looks particularly relieved, and yet grateful, when I'm done with that chore.

> I found myself crying along with her, holding her hand, looking in her eyes, she looking in my eyes. My daughter, my beloved daughter, my flesh and blood, my little girl, and she was crying because she completely understood, and hadn't really known this truth before.

And then the "dry off period". She watches me, so dependently, and with such curiosity, as I towel dry her hair, and take special care to make sure she's warm and dry all over.

After she's dressed, I take great pleasure from holding her in her rocking chair, all clean and pajama'd and smelling lovely, and slowly administering her syringes of bedtime medicines. It takes about 30 minutes for her to get all her medicines, and she needs to stay calm to digest them properly. She likes to complain and fuss when being dried off, but once she is in her pajamas and in my arms, she is feeling better, and so am I.

What adds poignancy to that activity, and all our activities together, is that our days together on this earth are limited. I know that she can get sick again at anytime. I know that there came a day that Sam got sick, and he had to go to the hospital, and he never returned. I remember standing at the door, as the emergency medics took Sam away, with my wife, Ruth, accompanying him to the hospital. And Juliana and I watched them drive off as they went. And when Sam left, he departed our family life, forever.

So, when I give JJ a bath, or hold her in my arms in her pajamas, or when I take her to school, I just don't know how many days are left.

I don't dwell on that in a maudlin way. No, not at all. Instead, I relish these days.

Juliana was in a therapeutic horseback riding program this fall. There are two "side-riders" on each side of her, and one person leading the horse by the reins. No matter how lousy JJ felt this fall, and she had some days that she felt pretty weak and nauseous, she always got on her horse, Star, and she took pride and pleasure in being on that horse. My spirits would soar watching her come back around the ring, and then her looking over towards me to see my reactions. If I used some sign language to tell her, "great job, JJ, nice work on the horse," she would acknowledge me with a satisfied nod, and "walk on".

Juliana is so small and fragile. Her body is uncomfortable often. She throws up often, and she's had ongoing diarrhea. The diarrhea is scary, because it could lead to dehydration, which was the trigger for Sam's final hospitalization. We worry that the ongoing fevers will get worse, and there will be nothing much more we can do to keep her home, and alive.

It is weird to be preparing to say goodbye to the favorite person in my life, and that person to be younger, and my child. I remember the morning that Sam died. The Pediatric Intensive Care Unit had turned off the dialysis machine because he was in his last hours. And their turning it off was a jolt --- that meant his life was really going to be over, and soon. Those were the saddest, most grief-filled hours of my life.

When I look at Juliana, I see this beautiful, very special, extraordinary and magical little being. I feel such deep gratitude to have been her father these years. I know I won't ever again have anyone as extraordinary as her in my life, so close.

She is a rare bird, a butterfly, a snow fountain cherry blossom. She is, to me, all that is tender and innocent and light-filled. How do you say goodbye to that which is the most cherished? How do you say goodbye to the one who is most cherished?

So, then, these days are filled with love and wonder, gratitude and laughter, sadness and worry. Ruth and I delight in Juliana's very existence, in her vulnerability and her lovely skin, in her daily participation in her not-so-easy life, in her appreciation and jealousy of her sister, in the great comfort she finds in the arms of her nanny, Maka, and in her continuing joy in being alive.

Gazing at her as she sleeps, reading a book to her, entwining my fingers with hers, zipping up her jacket, stretching her contracted arms, combing her hair, kissing her on her porcelain cheek, rocking her to sleep --- it is all suffused with deep love and a taste of the finite.

November 22nd

Juliana has another infection, and she's at the ER with her mom. She looked so terrible today --- dehydrated, pale, peaked, eyes sunken, and she was so weak.

This was Thanksgiving Day. And Ruth stayed home with Juliana while I went to a dinner, with our four-year-old, at the home of close friends. It was painful for all of us to have JJ be quite sick on yet another holiday weekend. How many times over the years have we, as a family, felt isolated and alone on a day others are enjoying. Many. And today we felt especially desperate and sad.

Now, we wait to hear the results of the lab work being done in the ER. If Juliana's sodium count is off, well, that will be very scary, since an infection followed by diarrhea and dehydration and then a high sodium count were the precipitating factors that led to our Sam's final hospitalization and subsequent death.

It feels like we have just days with Juliana. That's how it feels whenever she has gotten quite sick the last months, but it feels even worse now.

It's been easy to intellectualize her dying, and her eventual death. But, tonight, it feels closer, more inevitable than ever.

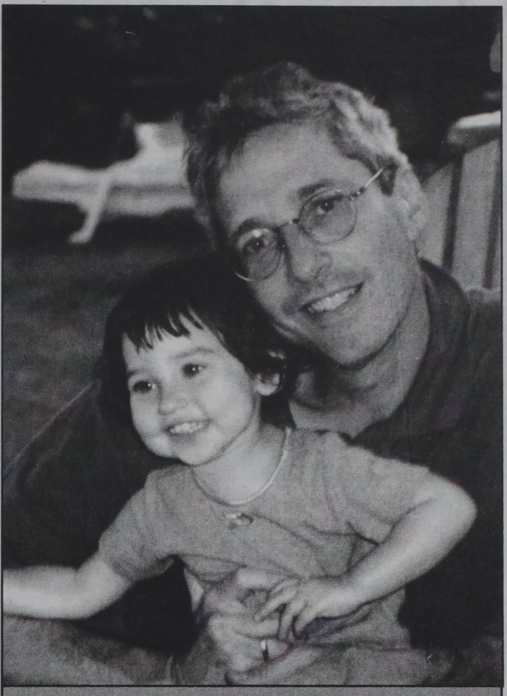
I don't know why I couldn't see the truth staring me in the face. Ruth and I keep thinking about various eventualities, such as difficulties breathing, or her heart racing or … but now I can see it. She will probably die just as Sam did. At a certain point, he could no longer digest his food. It just went right through him. And there was nothing the doctors could do about it, nothing the best specialists at Mott Hospital could do for him, nothing which showed up in his autopsy. Basically, his undiagnosable (currently undiagnosable, that is) neuro-metabolic disorder, whatever the underlying biochemical defect is, caused his digestive system to just fail, to no longer be able to metabolize any more food.

The same thing is about to happen to Juliana, if not yet tonight (and we'll know soon) then in the next days or weeks, or maybe, if we are very lucky, months.

And how do I feel about this? Lousy, terrible. When she is well, I have been able to savor these weeks with her, knowing her time is limited, and my time with her.

But, now, looking into the heart of it, I feel desolate. JJ's absence will no longer be conceptual. She will be gone, gone for good, gone forever, gone from my life always. No more holding her close, no more bathing her, no more building our family life around her. No more light coming from her eyes towards me. No more will this profound delicacy of a child inhabit my home. The magic that is Juliana will be gone from my earthly life.

> At home, seated on a lap in the rocking chair of her bedroom, she was beaming and gesticulating and laughing. I hadn't seen her laugh like that in weeks. I was so deeply relieved to be home, and have my little girl safe again. My heart was brimming.



Juliana, at age 3, with her father, Bill Zirinsky.

Photo by Ruth Schekter

December 4th

Now, it's twelve days later, in early December. The news was bad that night. Juliana's sodium was high, and her kidneys were failing. (Reminders of Sam.) And then, she bounced back! Re-hydration worked quickly, and her kidneys started doing their job. We caught it soon enough. Juliana has come home tonight, having survived the ordeal of her hospitalization.

The days of her being in the hospital were unbelievably hard and exhausting. We can't leave her there on her own for a minute.

We received excellent care there, but the doctors don't, in some fundamental way, "get" Juliana. Because only 1 in every 5,000 kids has a rare metabolic disorder such as hers, they have consistently made mistakes related to her nutritional and digestive capacity. So we have to watch them like hawks.

Just yesterday, I had to explain to one of the gastroenterologists why it was so critical to not overburden Juliana's capacity to handle her intravenous feedings. I've been down this route with her doctors so many times before. As part of the conversation, I said to the doctor that I know Juliana is dying, that we are realistic about that, but that we are trying to get her home for some weeks or months. Then right after he left the hospital room, I started to hold JJ's hand, and she started crying. I immediately knew that she was crying because she had absorbed the conversation, the first conversation in front of her in which I had talked about the inevitability of her dying.

Yet here she was, my non-verbal, profoundly retarded daughter. She had felt and absorbed and understood what I had said. And she began to cry. Not the cry she cries if something physical hurts, or if she is tired or cranky or irritable. No, this was Juliana's emotional cry. With big tears, and heartbreaking sobs.

I found myself crying along with her, holding her hand, looking in her eyes, she looking in my eyes. My daughter, my beloved daughter, my flesh and blood, my little girl, and she was crying because she completely understood, and hadn't really known this truth before.

The crying helped us both.

Coming home tonight was so filled with sadness and sweetness. She is coming home with an intravenous line into one of the main arteries in her chest. She is weak. Her health is deeply compromised. She is closer to dying now.

We have come home, and said goodbye to the hospital, hopefully for the last time. Though we're not ready yet to bring in hospice, we know that it wouldn't take much now to push JJ "over the cliff", to use a phrase from one of her doctors.

I wish I could convey how meaningful it was to us to return JJ to her home tonight, to steal her from the grips of the medical world. To bring her to her own room and her own pajamas and her own bed and her own stuffed animals and the home she was born in. She was so excited to get into the car tonight, realizing she was finished at the hospital.

At home, seated on a lap in the rocking chair of her bedroom, she was beaming and gesticulating and laughing. I hadn't seen her laugh like that in weeks. I was so deeply relieved to be home, and have my little girl safe again. My heart was brimming.

We never did get Sam home. Now we've gotten Juliana to a place we had never reached with Sam. Home, after her digestive system has collapsed, home with an intravenous feeding system that will buy her some days or weeks or months. Tonight, I don't actually believe we'll be buying her much time, yet I'm still hopeful.

I am not so afraid of Juliana dying. I was afraid of her dying in the hospital. Now that she is protected, and in her family's womb, I feel much less anxious, much less terrorized.

December 13th

The first week at home was difficult, but also satisfying. It was a relief to have our family together again, and very challenging to learn how to properly care for a small and fragile child who is now exclusively being fed intravenously. There are issues of kidney function, and vulnerability to infections, which seemed initially daunting.

A few days ago, Juliana seemed "logy" – sluggish and a bit foggy. We became concerned that possibly she was getting overloaded with fluid, or that her kidneys weren't doing their job. We are acutely aware of how small she is, and that if her kidneys began to fail, that she might go quickly. We felt scared.

I haven't wanted to be very far away from our house this past week. I have had a sense that I could miss something important, and a sense that the only interactions I really care about right now are with my family.

How do I get enough of her? How do I get my fill of her? Being in our home together with Ruth, Leela and Maka, I feel that JJ is very safe. We have lit Chanukah candles together. We read stories together. We huddle around Juliana, who is sitting in her rocking chair – she is the hearth of our family life.

> When I give Juliana a bath, or hold her in my arms in her pajamas, or when I take her to school, I just don't know how many days are left.

The last two days she has been good. Her blood work looked okay, and she appears to be stable, for now. So, today, for the first time in three weeks, JJ went back to school. Just for 2 hours. But, still. The teachers and aides doted on her. And she was glad to be out and about, glad to be alive, glad to be dressed in her winter coat looking out the window.

I think we're all surprised – Juliana included --- that she made it through her hospitalization, and that she has lived to see another day, and hopefully another Christmas.

We took some black-and-white photos of Juliana a few days ago. One of them in particular stands out for me, and I love it. It is a photo of me looking at the camera, seated beside Juliana, who is also facing the camera. Her eyes happen to be shut, as if she is blushing, and your eyes are drawn to her incredibly long and beautiful eyelashes. And the smile on my face is her smile. Her delicate, pure and pixilated smile is on my face. I am channeling my daughter's Harpo Marxian smile.

That photo reminds me of why I can't bear to lose her. And it also reassures me that the light in her eyes is within me.

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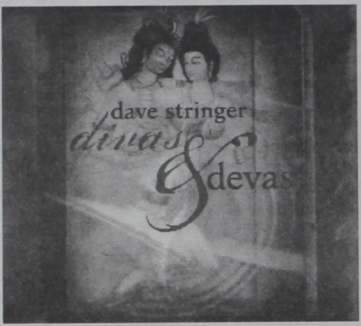
Music Reviews

NEW MUSIC at Crazy Wisdom

Divas and Devas cd
compiled by Dave Stringer

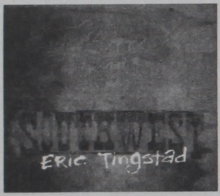


An album of East Indian bhajans sung as male-female duets, Divas and Devas is rich with the romantic and intimate interplay of masculine and feminine, gesturing toward the larger relationship of the human and divine. The arrangements also reflect a dual interplay between traditional Indian and Western instruments. Stringer is graced by the voices of Donna De Lory, Wah, and more. Shelved with Chant music.

A Celtic Fair cd
by Maggie Sansone

A festive, upbeat musical gathering of tradition and innovation with hammered dulcimer, Irish flute, fiddle, guitar, soprano sax, woodwinds, and percussion. *Rock 'N' Reel* writes, "Sansone opens the perception of Celtic music far beyond the usual sources with a Celtic jazzy crossover that bubbles with life and captures perfectly the spirit of experimentation at its kernel." Shelved with Celtic music.

Southwest cd
by Eric Tingstad



As a longstanding and highly visible steward of the land, Tingstad envisioned an earthy and evocative mood he refers to as "native Americana western desert chill" music. Nine ambient acoustic tracks feature drums, pedal steel guitar, bass, native flute, accordion, piano, double reeds, chants, and haunting vocals that authenticate the echo of ancient voices. Shelved with Native American music.

Crazy Wisdom Tea Room Invites you to

Tea with the Fairies

Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve up tea, treats, and magic.

$8.50* per person includes a pot of delicious tea (free refills), petits fours, cookies, and a party favor. Bring your own fairy wings, dolls, and friends.

Thursday, February 28th
2 seatings scheduled
First Tea at 1 p.m., followed by a Second Tea at 4 p.m..
Guaranteed seating requires a credit card number given at time of reservation.
Credit card will be charged the day of teas.
Cancellations must be made 48 hours before the event.
*no charge for infants 18 mo. and younger

For more info, or to make a reservation call the Crazy Wisdom Tea Room at 734.665.9468 or email our Tea Room Manager Samantha at samantha@crazywisdom.net

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Psychotherapist
734-480-7630

Dakota Building
Health and Wellness Center
1785 W. Stadium, Suite 103-C
Ann Arbor, MI 48103

Poetry Page

To submit poetry to be published in the next issue of the Crazy Wisdom Community Journal, *email to sarah@crazywisdom.net in text format by November 15, 2007.*

The Sleeping Musician
by Shaqe Kalaj
Woodcut Print

Thank God for Today

by Shari Eicholtz

Shari Eicholz, born Nov. 21, 1962, died of breast cancer on Aug. 14, 2007. She was a treasured part of our community and a loving mother. She will be missed very much.

Today is just another day,
To... remember yesterday
Just another day,
To...dream about tomorrow
Today is just another day,
To...frown a little less
Just another day,
To...smile a little more
Today is just another day,
To...learn something new
Just another day,
To...forget something old
Today is just another day,
To...stumble and fall
Just another day,
To...fight for it all
Today is just another day,
To...hate a lot less
Just another day,
To...love a lot more
Today is just another day,
To...see the sun rise and watch it set
Just another day,
To...listen to the rain fall
Today is just another day,
To...smell another flower
Just another day,
To...try and grasp it all
Today is just another day,
To live!

You Show Me Who I Am

by Molly Ann Indura

The fire that burns within my soul
is stoked by your vision of me.
It rages ~
flares with your breath of knowing.

You awaken my passion.

You have found places so deep within
never touched by another.

Your light shines into my dark corners,
erasing the shadows I have held for so long.

Your knowing and your wisdom
break open my frightened heart
whispering messages of safety
sharing calm visions of serenity.

You show me things I never knew I wanted to see.

Your brilliance radiates into my being
merging with my light
in ways that intensify and enhance the essence of me.

Your very presence in my sacred space
brings me peace and balance.

My inner child delights
in the innocent playfulness that is you.

I have never experienced
being seen so clearly,
known so fully.

You show me who I am.

Winter's Lace

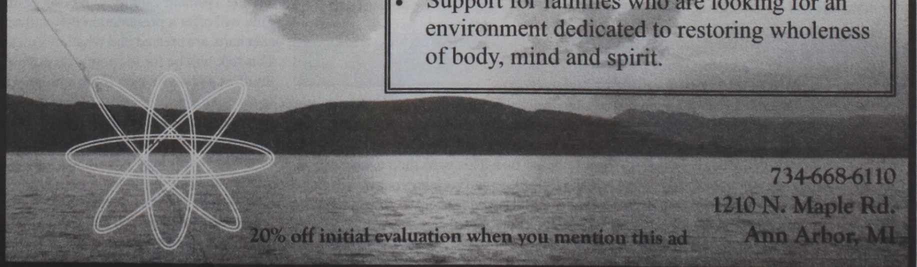
by Tom Powers

Winter's lace, it blankets us,
Nature veils her flora in white.
The cold brisk snap of chilled air rings,
A fire will thaw us tonight.

Footsteps crackle the snow beneath,
Breath's vapor mimics a train.
Rays of sun strain through thick skies,
The cold my finger's bane.

Nature rests in winter's chill,
Rests from growth and green.
Her flowing liquid slumbers deep,
In frozen lakes and streams.

Calm and respite cradle me,
A peaceful, tranquil, winter's grace.
Renewed, refreshed, and reassured,
I revel in white winter's lace.



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The Crazy Wisdom Calendar

Acupressure, Shiatsu & Reflexology

Foundations of Shiatsu, Technique, and Theory Part II at Ann Arbor Institute of Massage Therapy with Craig Parian • Feb. 23-24, 9 a.m.-5 p.m. • Synergy and balance: Merging Eastern modalities into Western bodywork, students will come away with greater depth in the ability to develop treatment continuity and creativity when working with specific problems. This will extend treatment possibilities for the head, neck, shoulders, and back. $250 or $225 AAIMT graduate. 14 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Reflexology at Ann Arbor Institute of Massage Therapy with Prema Lindsay Smith • April 5-6, 9 a.m.-5 p.m. • This is a holistic approach to an ancient and scientific form of treating the whole body through the reflexes of the feet. We will explore the history dating from 3000 BC to current international research as well as its clinical significance. The basic for treatment evolves from the harmful effects of stress on the body's systems. $250 or $225 AAIMT graduate. 14 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Animal Healing & Animal Spirit

Animal Communication with Marie Schoonover • March 16, 1-3 p.m. • Do you have a pet you love, and would you like to know what they are thinking and if they have a message for you? Pets have messages about their health, behavior, and help us with our life lessons. If you want to learn more and ensure that your time together is mutually supportive, then this fun and entertaining class is for you. $35. Call Pat Krajovic at 734-416-5200; info@bodyworkshealingcenter.com.

Energy Healing with Animals with Ray O. Golden of Center for Intuitive Health • Feb. 15, 16, and 18; Friday 7-9 p.m., Saturday 10 a.m.-6 p.m., Monday 7-9:30 p.m. or April 5-7; Saturday 7-9 p.m., Sunday 10 a.m.-6 p.m., Monday 7-9:30 p.m. • This class is oriented towards working with animals. The first two days are the traditional Reiki One class. The third day is focused on using Reiki with animals. Only people are to attend class. Call 663-9724; intuitivehealth@aol.com.

Aromatherapy

Raindrop Therapy at the Ann Arbor Institute of Massage Therapy with Cynthia Haas • Mar. 23, 9-5 p.m. • This workshop combines the art of aromatherapy with massage in the application of essential oils to various areas of the body. This therapy provides a revolutionary means of bringing balance and harmony to the body: physically, mentally, and emotionally. The oils for a raindrop therapy session are included. $100. 4 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Essential Oils for Life and Health with Julie Jeffery Peale • Jan. 26, 10 a.m.-4 p.m. • Essential oils are an amazing natural resource that many know very little about. You will learn the basics about the benefits of essential oils, as well as how to make therapeutic lotions, skincare products, and household disinfectants. You will take home the creations you make! $65 including lunch. Call 395-6776.

Artwork by Jessie Busick

Art & Craft

Faux Techniques: Polymer Clay with Georgie Galante • Tuesdays, 10 a.m.-1 p.m. or Thursdays, 6-9 p.m. • Turn polymer clay into faux leather, bone, ivory, jade, raku, opal. We will also cover image transfers and scrimshaw. Supply list. $15 does not include materials. Call 517-414-5403; geogal48@gmail.com.

Icon Painting Workshop with Aruna Olga Bachmann • Jan. 12-13 or Mar. 8-9, 10 a.m.-6 p.m. each day • Icon painting is a 15th century Byzantine style liturgical process. Each person will paint an icon to take home. You do not need to be an artist. $90 for two-day workshop plus fee for materials and meals. Call 810-623-0510.

Artist's Way

The Artist's Way with Jill Blixt • 12 Wednesdays beginning Jan. 23, 6-9 p.m. • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity, authenticity, and transform their lives. It is designed for anyone interested in finding their true voice - that part of themselves they believe is buried and yearns to be set free. This workshop uses creative play in the form of writing, collage, and image making to explore and reclaim your personal creativity. It is for anyone who wishes to create a handcrafted life, no matter what form it takes. **$30 per week includes dinner and supplies. Call 665-4577; jillblixt@aol.com.**

Astrology

Astrologers and Friends Meeting with Beverly Fish and Rod Smith • Thursdays, 7-10 p.m. • Astrologers and tarot card readers will be available for readings in Depot Town. Private classes can be arranged. Come for conversation with like minded metaphysical folks! $1 per minute for readings. Call Beverly at 484-1897; beverly-fish@comcast.net.

A Celebration of International Astrology Day sponsored by the Ypsilanti District Library with Bon Rose Fine • Mar. 20, 7-9 p.m. • The astrological new year begins at the Vernal Equinox, the first day of spring, when the sun moves into the sign of Aries in the tropical zodiac, and the Ypsilanti Library will observe this auspicious day with a special program. Bon Rose Fine will offer a presentation that will cover a brief history of astrology, explain how astrological charts are created and what information they hold, and discuss how astrology is used today. This talk will be for the complete novice with ample time for questions. Free. Call Julianne Smith at 482-4110, ext. 1386; smith@ypsilibrary.org.

Astrologers and Friends Weekly Gathering coordinated by Bon Rose Fine for SMART (Southeast Michigan Astrologers' Round Table) • Thursdays, 6:30-9 p.m. • The astrological community will hold weekly get-togethers in order to trade readings with one another or offer mini-readings to the general public. They'd like to include other practitioners of the divinatory arts, such as psychics, numerologists, clairvoyants or tarot card, palm, tea leaf or rune readers, or body/energy workers, and invite them to join these gatherings. This is a welcoming environment. Free or cost varies. Call 434-4555; bonrosefine@comcast.net.

Jupiter and Pluto in Capricorn: Oh My! Lecture and Discussion with Elizabeth Hazel sponsored by SMART • Jan. 20, 2-4:30 p.m. • These two heavy-hitting planets move from mutable fire to cardinal earth as the year begins. Explore Pluto's new Capricornian underworld, and join Jupiter's climb up the goat's mountain through Liz's creative, interactive, hands-on techniques. $10 or $8 for NCGR members. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Night and Day: The Importance of Polarity in Astrology with Rodney Smith sponsored by SMART • Feb. 24, 2-4:30 p.m. • Discover how the most basic of all polarities has deeply affected astrology from the very earliest times to the present day. Learn how to make the most of these polarities in your chart. $10 or $8 for NCGR members. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

SMART's Sixth Spring Sunday Sampler at Crazy Wisdom Bookstore with Bon Rose Fine, Cherie Liang, Phil Meade and Richard Weber • Mar. 16, 2-5 p.m. • This annual mini-festival in observance of International Astrology Day and the Vernal Equinox will feature a line-up of talented Michigan astrologers presenting short lectures on a variety of subjects. There will be something for novices and beginners, all the way to seasoned pros. Topics include: The Astrological Glyphs: What ARE Those Squiggles?, Introduction to Chinese Astrology, The Lost Sabians, and The Art of Predictive Astrology. $10 or $8 for NCGR members. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Elements of Vedic Astrology with Elizabeth Sullivan sponsored by SMART • April 27, 2-4:30 p.m. • This class will shed light on the ancient science of Jyotish, which translates as "light" and is considered to be the "eye of the Vedas". Jyotish illumines an individual's life, providing both practical and spiritual insight as a roadmap for navigating one's personal karma. $10 or $8 for NCGR members. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Author Receptions

Book Signing and Talk with Auriela McCarthy, Author of *The Power of the Possible* at Crazy Wisdom Tea Room • Feb. 26, 7 p.m. • Auriela McCarthy will read from her new book and lead a discussion. A compilation of stories of seemingly impossible circumstances, *The Power of the Possible* is a testament to the ways in which people find hope and transcendence in difficult times. Free. For more information, call Rachel Pastiva at 665-2757; info@crazywisdom.net.

Book Signing and Talk with Patricia Love, Author of *How To Improve Your Marriage Without Talking About It* at Crazy Wisdom Tea Room • April 30, 7:30 p.m. • Author of *Hot Monogamy*, Patricia Love will talk about her new book, *How To Improve Your Marriage Without Talking About It*. Women want to talk about the relationship because they're upset and want to feel better. Men don't want to talk because talking won't make them feel better. It's the loneliness of disconnection that lies at the heart of every argument or cold silence that fuels each person's disappointment and resentment. Love's new book helps you learn how to understand each other's core vulnerabilities and help you learn how to manage them giving a dual perspective based on both your points of view. Free. For more information, call Rachel Pastiva at 665-2757; info@crazywisdom.net.

The Spiritual Path with Author Bo Lozoff sponsored by Interfaith Center • Mar. 21, 7:30-9:30 p.m. • Bo Lozoff's writings, workshops, and tapes have helped countless people transform their lives into sacred practice even in some of our worst prisons - prisons of selfishness, fear, anger, and addiction as well as of bars and steel. Perhaps his best known book is *We're All Doing Time*. His Holiness the Dalai Lama said about this book, "*We're All Doing Time* will inspire everyone who is concerned with helping others in trouble as with their own personal improvement." For more information, call Interfaith at 327-0720.

Author Readings at Shaman Drum Bookshop • Free. For more info, call 662-7407; www.shamandrum.com.
Jan. 17, 7 p.m. • *Oleander Review* Readings with Elizabeth Kostova, Rachel Harkai, and Cyan James
Jan. 23, 4 p.m. • *The Shifting Grounds of Race: Black and Japanese Americans in the Making of Multiethnic Los Angeles* by Scott Kurashige
Jan. 23, 7 p.m. • *Tools for Peace: The Spiritual Craft of St. Benedict and Rene Girard* by Abbot Andrew Marr
Jan. 24, 4 p.m. • *Race and Arab Americans Before and After 9/11* by Nadine Naber
Jan. 26, 7 p.m. • *Riding with Rilke* by Ted Bishop
Jan. 29, 4 p.m. • *The Writing of Weddings in Middle Period China* by Christian de Pee
Jan. 29, 7 p.m. • *Did Lincoln Own Slaves: And Other Frequently Asked Questions About Lincoln* by Gerry Prokopowicz
Jan. 30, 4 p.m. • *Klezmer America: Jewishness, Ethnicity, Modernity* by Jonathan Freedman
Jan. 30, 7 p.m. • *Final Exam: A Surgeon's Reflections on Mortality* by Pauline Chen
Jan. 31, 4 p.m. • *Discovering Exile: Yiddish and Jewish American Culture during the Holocaust* by Anita Norich
Feb. 6, 7 p.m. • *When Asia was the World* by Stewart Gordon
Feb. 7, 7 p.m. • *Magna Carta Manifesto* by Peter Linebaugh
Feb. 11, 7 p.m. • *Behind My Eyes* by Li-Young Lee
Feb. 13, 7 p.m. • *The Soul Thief* by Charles Baxter
Feb. 20, 7 p.m. • *Sellout: The Politics of Racial Betrayal* by Randall Kennedy
Mar. 11, 7 p.m. • *From Harvey River: A Memoir of My Mother and Her People* by Lorna Goodison
Mar. 14, 7 p.m. • *Lush Life* by Richard Price
Mar. 18, 7 p.m. • *An Almost Pure Empty Walking* by Tryfon Tolides
Mar. 19, 7 p.m. • *In the Mouth* by Eileen Pollack

Bodywork & Body/Mind Therapies

Trager Level I with Roger Tolle • April 8-10 and 12-14, 9 a.m.-6 p.m. • Immerse yourself in six days of personal and professional growth. Roger's enthusiasm and depth/breadth of movement is contagious. Ninety percent of this workshop is experiential. Trager is an approach to life, and an experiential approach to mind/body integration and movement re-education, reading the mind through the body. $860. Call Eileen Dickinson at 717-4145; edickins@umich.edu.

Demonstration Rolfing Sessions with Leland Austin • Feb. 9, 1-5 p.m. at Crazy Wisdom Community Room • Rolfing sessions to experience or observe. In addition to a traditional practice of Rolfing, Leland works with some clients to help them bring gentle awareness to different parts of their bodies to notice the subtle arising and unfolding of sensations and emotions. Working within the Rolfing form in this way develops an increased capacity for awareness and brings one into a more intimate experience of oneself as an embodied being. $10 suggested donation. Call 327-1066; lelandsf@gmail.com.

Ortho-Bionomy Free Information Seminar with Ann Shinall • Jan. 10, 9 -11 a.m. or 4-6 p.m. • Come feel for yourself! Each attendee will have the opportunity to experience this profoundly effective bodywork. Ortho-Bionomy works with the nervous system to facilitate spontaneous self-correction. It applies osteopathic principles in a non-forceful way to facilitate comfort, natural body alignment, and release stress patterns and pain. Free. Call Amber Riddle at 677-4430, ext. 25; amber@aaimt.edu.

Ortho-Bionomy Foundations with Ann Shinall • Feb. 15-17, 9 a.m.-5 p.m. • Ortho-Bionomy provides a gentle, non-invasive approach for releasing pain and tension. It applies osteopathic principles in a non-forceful way to improve comfort, natural body alignment, and to relieve stress patterns and pain. It is a homeopathic biofeedback technique that addresses the patterns that exist within the whole bioenergetic person. While gentle on the body, it is profoundly deep work. $350 or $315 for AAIMT graduates and students. Call Amber Riddle at 677-4430, ext. 25; amber@aaimt.edu.

Polarity Therapy Level I with Renee Rutz and Karen Kerns • Eight Saturdays beginning in March, 9 a.m.-1 p.m. • Polarity Therapy is a holistic approach to living. Level I explores basic energy systems and how to bring the body into balance through bodywork, diet, and exercise. Lecture, experiential, and bodywork exchanges are part of each class. NCBTMB CEU's available. $80 per class includes a one-hour private tutorial with instructor between classes. For dates, call Betty Teeg at 313-647-0038; info@polaritycenter.com.

Alexander Technique: Free Your Movement, Enhance Your Performance with Alice Greminger • Wednesdays, 7 p.m. • Alexander students learn a process of changing how they move, freeing them from tension patterns and regaining freedom of movement, balance, and support we all knew as children. Activities as varied as walking, computer work, performing, sports, and injury prevention and recovery all benefit from Alexander study. Improve coordination while doing activities, freeing emotion and creativity. $10 per class. Call 665-0849.

Book Discussion Groups

Crazy Wisdom Bookstore Monthly Book Discussion • Jan. 11, Feb. 8, Mar. 14, April 11; 7 p.m. at Crazy Wisdom Community Room • Join our monthly book discussion group. Each month, a different book is chosen for reading and discussion. Purchase the book in advance for the discussion group and receive 30% off purchase of the current month's title. For February, March, and April, the group will be facilitated by a Crazy Wisdom staff member who prefers that you have read the book before arrival. January's discussion group will be facilitated by Crazy Wisdom co-owner, Bill Zirinsky. January's selection will be *Soul to Soul* by Gary Zukav. February's selection will be *Animal, Vegetable, Mineral: A Year of Food Life* by Barbara Kingsolver. March's selection will be *Deer Hunting with Jesus: Dispatches from America's Class War* by Joe Bageant. April's selection will be *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles* by Bruce H. Lipton. All are welcome; just show up! Call 665-2757; information@crazywisdom.net.

Enlightened Minds Book Group at Nicola's Bookstore • Jan. 20, Feb. 17, Mar. 16, April 20; 2 p.m. • A book group dedicated to reading books about spiritual enlightenment that meets every third Sunday of the month. January: *Flow, The Psychology of Optimal Experience* by Mihaly Csikszentmihalyi. February: *Eat, Pray, Love* by Elizabeth Gilbert. March: *Radical Honesty: How to Transform Your Life by Telling the Truth* by Brad Blanton. April: *The Power of Now: A Guide to Spiritual Enlightenment* by Eckhart Tolle. Free. Call Charlotte Young Bowens at 272-9353; younggyrl@gmail.com.

Reading Together for Insight and Inspiration with Monica Stuhlreyer of Visitation North • Second Monday of each month, 1-2:30 p.m. • Read and share insights on such spiritually challenging books as *A Church Adrift* by Peter Steinfels and *Practical Prophet* by Bishop Ken Untener. Freewill offering. Call 248-433-0950; visitationnorth@ihmsisters.org.

Breathwork

Transformational Breathing Introductory Workshop with Dave and Pat Krajovic • Jan. 16, Feb. 5, Feb. 27, April 8, April 30, 7-9:30 p.m.; Mar. 17, 6:30-9 p.m. • Andrew Weil says that breathing is the most important thing you can do for optimal health. Learn what the breath can do for you, not just to restore health but to bring a renewed sense of vitality, optimism, and joy to your life. Soothe your soul and free your spirit with a powerful breath sessions. $40. Call 734-416-5200; info@bodyworkshealingcenter.com.

Transformational Breathing Level 1 Weekend with Dave and Pat Krajovic • Feb. 15, 6:30-9:30 p.m. and Feb. 16-17, 9 a.m.-5 p.m. • Create amazing shifts in health, awareness, and well-being by learning to master your breath. The weekend focuses on the physical level of Transformational Breathing and includes five facilitated breath sessions as well as the Five Tibetans, Abundance, Power of Intention, Diaphragm Breathing, Toning, and Breath Pattern Analysis. $500. Call 734-416-5200; info@bodyworkshealingcenter.com.

The Crazy Wisdom Calendar

Breathwork (continued)

Transformational Breathing Level 2 Weekend with Dave and Pat Krajovic • Mar. 14, 6:30-9:30 p.m. and Mar. 15-16, 9 a.m.-5 p.m. • Create amazing shifts in health, awareness, and well-being by learning to master your breath. The weekend focuses on the mental/emotional level of Transformational Breathing and includes five facilitated breath sessions, Byron Katie's "The Work", Dyadic Communication, Entrainment, Energetic Integration, Forgiveness Exercise, and Body Mapping, as well as the Five Tibetans and Abundance. $500. Call 734-416-5200; info@bodyworkshealingcenter.com.

Transformational Breathing Level 3 Weekend with Dave and Pat Krajovic • April 25, 6:30-9:30 p.m. and April 26-27, 9 a.m.-5 p.m. • Create amazing shifts in health, awareness, and well-being by learning to master your breath. The weekend focuses on the spiritual level of Transformational Breathing and includes five facilitated breath sessions focusing on Throat Breathing, Third Eye Breath, Miracle Consciousness, Meditation, Invocations, Water Breathing, Leverage, Infinity Breath, Off the Body Breaths, as well as the Five Tibetans and Abundance. $500. Call 734-416-5200; info@bodyworkshealingcenter.com.

Experienced Breather's Tune-Up with Dave and Pat Krajovic • Jan. 21, Feb. 12, Mar. 12, Mar. 31, April 22; 7-8:30 p.m. • This class is for experienced breathers who just want to deepen the benefits of conscious breathing by developing a consistent breath practice. Each session will consist of the setting of an intention and a facilitated breath session, closing with sharing and integration. You must have previously attended at least three introductory workshops. $40. Call 734-416-5200; info@bodyworkshealingcenter.com.

Manifesting in the New Year with Transformational Breathing with Dave and Pat Krajovic • Jan. 6, 9 a.m.-4:30 p.m. • By changing the breath, we can access the subconscious and reprogram limiting beliefs and negative thought patterns, allowing us to manifest our heart's desire. The day will consist of various exercises, including two facilitated breath sessions. $115. Call 734-416-5200; info@bodyworkshealingcenter.com.

Introduction to Integrative Breathwork Workshops with Linda Adamcz • Jan. 11, Jan. 25, Feb. 8, Feb. 22, Mar. 7, Mar. 21, April 4 or April 18; 7-9 p.m. • A musical meditation for insight, emotional healing, and creativity. Breathwork can assist with grief/loss, major life changes, job stress/burnout, trauma/abuse, depression or addictions. $30. Call 269-388-2988; lkadamcz@juno.com.

Integrative Breathwork Workshops with Linda Adamcz • Jan. 12, Jan. 26, Feb. 9, Feb. 23, Mar. 8, Mar. 22, April 5 or April 19; 10 a.m.-6 p.m. • A musical meditation for insight, emotional healing, and creativity. Breathwork can assist with major life transitions, grief/loss, job stress/burnout, trauma/abuse, depression or addictions. $90. Call 269-388-2988; lkadamcz@juno.com.

Buddhist Teaching & Buddhist Meditation

For related listings, please see "Meditation" Section

Engaging Wisdom and Compassion: His Holiness the 14th Dalai Lama at the Crisler Arena Hosted by Jewel Heart Tibetan Buddhist Center, The Tibet Fund, and Garrison Institute • April 19 and 20 • His Holiness is coming to Ann Arbor to speak on "Engaging Wisdom and Compassion" on Saturday from 10 a.m.-Noon and 2-4 p.m., with an Earth Day speech on Sunday from 10 a.m.-Noon. Peter Wege will lecture on sustainability on Sunday from 2-4 p.m. Tickets to the two-day teaching sessions range from $10-$95 and are available through Ticketmaster or Michigan Union Ticket Office at 763-TKTS or www.ticketmaster.com/venue/65577. Special donor seating and benefactor packages are available. For more information, visit www.dalailamaannarbor.com or contact dalailamaannarbor@jewelheart.org or 994-3387.

Balancing the Heart and Mind Day Long Retreat with Matthew Flickstein • Mar. 1, 9 a.m.-4:30 p.m. at Michigan Friends Center • As we read the stories of saints or "enlightened beings", it becomes apparent that in addition to cultivating deep wisdom, part of their spiritual development was learning to fully embrace their humanity. Many individuals who engage in meditation neglect to balance the development of their minds with cultivating an open heart, leading to a "glass ceiling" in terms of spiritual development. Our Day of Meditation will focus on developing a balance between wisdom and a heart filled with love and compassion. A fundraiser for the documentary "Voices of Truth". All donations accepted are tax-deductible. Call Carol Blotter at 475-0942; cb.voices@gmail.com.

Insight Practice Progression and Sutta Study with David Lawson of Deep Spring Center • Eight sessions: Mar. 6, 20, April 3, 17, May 1, 15, 29, June 12; 7-9 p.m. • We will explore where the insights are in Insight Meditation through intensive inquiry into our own practice, as well as study of relevant suttas in the Pali Canon, and commentarial literature such as the *Visuddhi Magga*. For continuing meditation students, this is the second series in a course that will extend over a period of 30 months, which is designed to investigate a broad spectrum of Theravadin Vipassana practice, with the goal of opening the heart to its awesome potential for liberation. $56 building fee with opportunity to offer *dana* for the teacher. Call 477-5848 or David at 662-8317; info@deepspring.org.

Four Foundations of Mindfulness Continue with Carol Blotter of Deep Spring Center • Eight sessions: Jan. 21, Feb. 4, Mar. 3, 17, April 7, 21, May 5, 19; 7:15-9 p.m. • This is the second of a class series studying the Four Foundations of Mindfulness, which are at the heart of Buddhist practice. Having explored with the first foundation, mindfulness of the body, we will delve into the mindfulness of feeling, states of mind, and objects of mind, and how to use them to support wisdom and centeredness in everyday life. There will be a guided meditation, class discussion, and a dharma talk each session, along with suggested "homework". This is an ongoing course; permission of the teacher required for new students. $56 building fee with opportunity to offer *dana* for the teacher. Call 477-5848 or Carol at 475-0942; info@deepspring.org.

Journey into the Heart of Meditation with Traktung Yeshe Dorje at Tsogyelgar Dharma Center • Jan. 26-27, Feb. 23-24, Mar. 22-23, April 26-27; Saturday 7:30-9 p.m. and Sunday 11 a.m.-Noon • To rest within the living deep of silence is the essence of satsang. Come and sit in the company of truth and experience the silent heart of awareness. These rare monthly sessions offer silence, radical discussion, and the taste of bliss in the Buddhafield. No fee, no obligations, no religious affiliation needed - only a longing to go beyond all limitation. Donations accepted. Call A-tsal at 663-3842; a-tsal@tsogyelgar.org.

Silent Sitting Meditation at Tsogyelgar Dharma Center • Sundays, 10-11 a.m. • Sitting meditation is the heart of the Buddhist path. A simple, straightforward encounter with the nature and function of one's mind allows us to discover spaciousness and ease in the midst of all thoughts, feelings, and appearances. Suitable for all levels from beginner to advanced meditators with instruction available upon request. Free with donations accepted. Call A-tsal Khandro at 663-3842; a-tsal@tsogyelgar.org.

Tantric Tradition with Traktung Yeshe Dorje at Tsogyelgar Dharma Center • Sundays, 11 a.m.-Noon • The Nyingma Lineage, the most ancient lineage of Tantra in Tibet, has preserved the power and direct methods of Tantra, or Vajrayana, in a tradition passed from generation to generation. Utilizing mantric awareness spells, envisionment, and subtle yogas, the tantric path presents a series of methods for discovering our true nature of wisdom and compassion. Free with donations accepted. Call A-tsal Khandro at 663-3842; a-tsal@tsogyelgar.org.

A Gentle Path with the Goddess Tara with Senior Students of Tsogyelgar Dharma Center • First and Third Wednesday of each month, 7:30 p.m. • We will use the books of Pema Chodron and the Tantric meditation on the Goddess Tara to discover a way to move through and beyond self-imposed limitations and suffering. By creating an open space of self-acceptance, we can "start where we are" and discover spaciousness within our minds, hearts, and lives. Free with donations accepted. Call A-tsal Khandro at 663-3842; a-tsal@tsogyelgar.org.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays beginning Jan. 10, Mar. 6 or April 17; 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $120 or $100 unwaged. Call 761-6520; a2buddha@sbcglobal.net.

Two Sunday Services at Zen Buddhist Temple • 9:30-11 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation, followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. By donation. Call 761-6520; a2buddha@sbcglobal.net.

Buddha's Enlightenment Day All-Night Sitting at Zen Buddhist Temple • Jan. 18, Friday night to Saturday morning • Come and meditate to awaken to your true nature, inspired by Shakyamuni Buddha who sat under the Bodhi tree and came to freedom. Sit from 8-10 p.m. and/or 10 p.m.-midnight. After midnight, please stay until 4 a.m. Bring an offering of flowers, fruit, candles, nuts, incense, dried fruit or money for the altar. Everyone welcome. Call 761-6520; a2buddha@sbcglobal.net.

One-Day Zen Meditation Retreat at Zen Buddhist Temple • Feb. 16 or Mar. 15, 7 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, rest, and discussion – an interval of deepening, of slowing down, silence, and mindfulness. $60 includes vegetarian meals. Call 761-6520; a2buddha@sbcglobal.net.

Overnight Introductory Meditation Course at Zen Buddhist Temple • Mar. 7 at 7 p.m. through Mar. 8 at Noon • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course or who prefer the overnight retreat are also welcome. $160 includes accommodation and vegetarian meals. Call 761-6520; a2buddha@sbcglobal.net.

Zen Doctrine, Zen Culture: Two Lectures by Professor James Robson at Zen Buddhist Temple • April 20 and April 27, 11:30 a.m.-1 p.m. • James Robson will discuss "a doctrinal approach to Zen Buddhism" and "a cultural approach to Zen Buddhism". Take advantage of this rare opportunity to learn more about Buddhist scholarship and to gain more understanding about the context of your practice. $10 suggested donation per session. Call 761-6520; a2buddha@sbcglobal.net.

Odyssey to Freedom with Gelek Rimpoche and Jewel Heart Instructors • Tuesdays, Jan. 8-April 8; 7-8:30 p.m. • Gelek Rimpoche created Odyssey to Freedom as an accessible and concise Lam Rim, encompassing the stages on the spiritual path from your current situation, as it is, through to full enlightenment. $10, $5 seniors/students/supporting members, no charge to sustaining members and above. ***Please note that Jewel Heart Tibetan Buddhist Center has moved from their Washington Street location.*** For location of this event and the following events, please call 994-3387; www.jewelheart.org.

Art of Living with Jewel Heart Instructors • Mondays, Jan. 7-Mar. 3; 7-8:30 p.m. • We long for meaning, for an effective way to bring insight and heart to the ordinary circumstances and inevitable challenges of our daily lives. On the basis of Gelek Rimpoche's book, *Good Life, Good Death*, this course will explore pragmatic methods to bring depth, meaning, and joy to our lives. $80, no charge to sustaining members and above. Call 994-3387; www.jewelheart.org.

Dharma Discussion and Debate with Jewel Heart • Feb. 22, Mar. 14, April 24; 7-8:30 p.m. • Drawing on the traditional Tibetan Buddhist mode of learning through open debate, Jewel Heart students are invited to join groups of two to five participants to analytically challenge and deepen their relationship with the dharma. Join us for pizza and discussion! Donations welcome. Call 994-3387; www.jewelheart.org.

Creating Space: Clarity and Insight through Meditation with Jewel Heart Instructors • Thursdays, Feb. 21-April 10; 7-8:30 p.m. • Meditation provides us with a clear, stable mind, necessary for a happy life and the foundation for deepening our spiritual journey. This course offers hands-on experience with the basic elements of meditation, using breath, posture, and techniques for coping with distractions and laxity of the mind. $80, no charge to sustaining members and above. Call 994-3387; www.jewelheart.org.

Meditation Sessions with Jewel Heart Instructors • White Tara: Jan. 5, 19, Feb. 2, Mar. 1, 15, 29, April 12, 26; 9-10 a.m.; Concentration Meditation: Jan. 12, 23, Feb. 23, Mar. 8, 22, April 5; 9-10 a.m. • Alternating weekly, we offer two styles of meditation based in the Tibetan Buddhist tradition. White Tara meditation sessions focus on Tara, mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. Concentration Meditation sessions provide basic guidance during one-hour sessions using the breath as the point of focus. Open to all levels of experience. Free with donations welcome. Call 994-3387; www.jewelheart.org.

Sunday Morning Talks with Gelek Rimpoche and Jewel Heart Instructors • Sundays, Jan. 6-April 27; 10-11 a.m. with tea and cookies at 11-11:30 a.m. • Join us for a taste of Buddhism through introductory talks on contemporary issues followed by tea and cookies. Topics include: fearlessness, being spiritual, the treasure of mindfulness, doorway to satisfaction, compassion in daily life, born to be free, the selfless self, living enthusiastically, karma and interdependence, a policy of kindness, achieving self-confidence, welcoming change, cutting through misconception, and maintaining our commitment. Open to all. Free with donations welcome. For individual Sunday topics, call 994-3387; www.jewelheart.org.

Cancer

Cancer: A New Look at an Old Nemesis with Mark Rojek • Jan. 19, 2 p.m. • The most recent discoveries regarding cancer actually offer great hope. They have confirmed the original works of Drs. John Beard and Otto Warburg. Beard used enzymes to treat cancer while Warburg confirmed the role oxygen plays in its demise. $10. Call 475-2737; lakhana3@yahoo.com.

Living with Cancer with Sara Schreiber • Jan. 12, 9:30 a.m.-2:30 p.m. • This workshop is designed to offer possibilities and community, and is based on Sara's book, *Turning Darkness into Light*. We will deal with the many ways to live with cancer. It will be an upbeat time as we explore our many options by using improvisation and psychodrama. We will also include exercise and meditation breathing techniques. $60 includes healthy lunch. Call 662-1450; saraemp@gmail.com.

Ceremonies, Rituals, Celebrations & Festivals

New Year's Day Service at Zen Buddhist Temple • Jan. 1, 11:30 a.m. • Come join us for a peaceful start to 2008 (2552 in the Buddhist calendar). Call 761-6520; a2buddha@sbcglobal.net.

Sunday Celebration Service with Rev. Karen Arndorfer of Interfaith Center for Spiritual Growth • Feb. 3, 10:45 a.m.-12:15 p.m. • The Interfaith Center continues its 10th Anniversary Celebration with guest speaker Rev. Karen Arndorfer of Fellowship for Today, a congregation with an emphasis on "metaphysical/new thought teachings as expressed through A Course in Miracles and other new thought philosophies, plus universal themes common to all major religious teachings that promote the recognition of One Mind, One Power, One Divine Presence." Free. Call Dave Bell at 327-0720.

Easter Candlelight Service at Lighthouse Center • Mar. 23, 6-7:15 p.m. • Special candlelight meditation and healing in celebration of rebirth and renewal. All meditators welcome. By love offering. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Channeling

Introduction to Channeling with Linda Alice Dewey through Gateways Center for Life Enrichment • April 20, 1-4 p.m. • Linda will lead us in an afternoon of exploring the world of channeling, using techniques and specific exercises to experience the world of your most intimate unseen friends. $40. Call 332-4666; gatewayscenter@hotmail.com.

Meditation with Jacob with Judy Crookes through Gateways • Jan. 21, Feb. 18, Mar. 17, April 21; 7:30-8:30 p.m. • If you have enjoyed a past experience with Jacob, you will surely enjoy this special one hour meditation time. Love offering. Call 332-4666; gatewayscenter@hotmail.com.

An Evening with Jacob with Judy Crookes through Gateways • Jan. 7, Feb. 4, Mar. 3, April 7; 7:30-9:30 p.m. • Come and spend two hours laughing and learning with Jacob, a being of Light who is a master teacher. Jacob has been channeled by Judy Crookes since 1996. No two evenings are alike. $15. Call 332-4666; gatewayscenter@hotmail.com.

Living Our Practice with Barbara Brodsky and Aaron (channeled) of Deep Spring Center • Four sessions: Mar. 5, 19, April 2, 16; 7-9:30 p.m. • How do we **live** our practice? We'll work with challenges like body pain, heavy emotions, and difficult relationships, and also with the beautiful mind states that balance difficult experiences. How does our practice support skillful speech and action? In each class, we'll sit, hear a talk from Aaron, and have class discussion. The class will be experiential and anyone can register who has taken an introductory insight meditation class. $28 building fee with opportunity to offer *dana* to teacher. Call 477-5848; info@deepspring.org.

Evening with Aaron (channeled) with Barbara Brodsky • Mar. 26 and April 23, 7:30-9:30 p.m. • Aaron gives a talk, followed by a short social break. He will then answer questions. All are welcome. Offered by donation. Call 477-5848; info@deepspring.org.

The Gathering with Karlta Zarley • Third Tuesday of each month, 7-9:30 p.m. • Karlta Zarley channels information from the spirit about changes we experience as we move towards ascension, trends and issues that affect us, and teachings to help us all move along our spiritual paths more easily. $10 suggested donation. Bring a dish to share. Call Evan Peelle at 248-437-7466.

Chanting

Meditation and Chanting with Siddha Yoga Meditation Center of Ann Arbor • Thursdays, 7-8:30 p.m. • Join us for an evening of meditation and chanting. On the Siddha Yoga path, we discover the divinity within ourselves and in the world around us. Free. Call 747-7116; symcannarbor@gmail.com.

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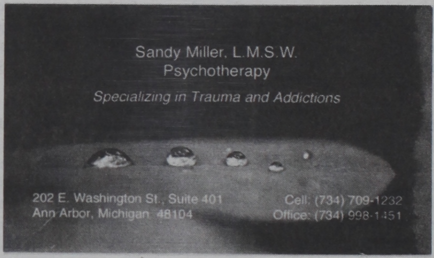

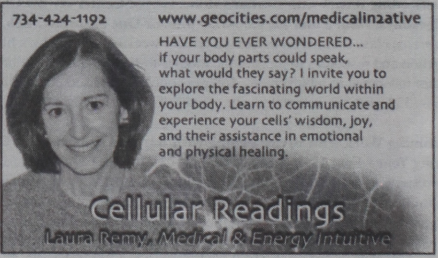

Mari Kay Savatsky
CranioSacral Therapist
Lymph Draimage
Visceral Manipulation
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The Crazy Wisdom Calendar

Chanting (continued)

Monthly Ann Arbor Kirtan with Ann Arbor Kirtan Group • Jan. 18, Feb. 15, March 14, April 18, 7:30-9:30 p.m. • Come join Ann Arbor Kirtan for an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory, call-and-response, cross-cultural music experience that incorporates the audience right into the performance. Free with donations accepted. Call Dennis Chernin at 973-3030; http://kirtanannarbor.org.

Childbirth

Conceiving the Possibility: Should I Have My First Child after Age 30? with Cia Gabriel of Growing Together Life Learning Center • Feb. 23, 9:30 a.m.-4:30 p.m. • For women over the age of 30 who are wondering about having their first child. This day-long workshop is a chance for women to explore their deepest feelings and desires about motherhood, career, and relationship in a guided, nurturing environment. Women may be in relationship or single. A reunion will be planned for 3 months after the workshop. $150. Call 622-8335; cynthia@togrow.org.

Intensive Weekend Childbirth Education Series with Cia Gabriel of Growing Together Life Learning Center • April 5-6, 9:30 a.m.-4:30 p.m. • An intensive weekend of preparation to explore all the possibilities of birth positions, birth vocalizations, and breathing. You will learn what labor may feel like and time-tested ways of coping with labor pain. Pregnant women are welcome to invite the whole birth team: partner/spouse, sister, mother, best friend, etc., to attend. $275 per family. Call 622-8335; cynthia@togrow.org.

Childbirth Preparation Series with Kate Stroud and Patty Brennan of Center for the Childbearing Year • Seven Tuesdays: Jan. 8-Feb. 19 or Mar 11-April 22, 7-9:15 p.m. • You can do it! This class provides a community of expectant parents who come together to learn about childbirth and explore related topics in preparation for parenthood. Information is geared toward preventing complications during pregnancy, labor, delivery, and postpartum. Emphasis is placed on developing confidence in a woman's natural capacity to give birth, comfort measures, labor support techniques, pain management, alternatives to drugs, cesarean prevention, and the baby's needs. Parents are encouraged to take responsibility for their own health care and make informed choices. M-Care insurance reimbursement. $235 per couple with discounts available. Call 663-1523; patty@center4cby.com.

Childbirth Preparation: Condensed Series with Kate Stroud and Patty Brennan of Center for the Childbearing Year • Two Saturdays: Jan. 26 and Feb. 1 or April 19 and 26, 1-4:30 p.m. • The condensed series is designed for folks with busy schedules who cannot accommodate a longer series, couples seeking a refresher class for a second (or more!) baby or couples planning a homebirth. We'll focus on just the basics: the process of labor and birth, coping with pain, support techniques, comfort measures, and the postpartum recovery period. M-Care insurance reimbursement. $120 per couple with discounts available. Call 663-1523; patty@center4cby.com.

Newborn and Infant Care with Kate Stroud of Center for the Childbearing Year • Feb. 27 or April 30, 7-9:30 p.m. • This class provides expectant parents with practical insights and supportive resources to help smooth the transition into parenthood. Topics include calming the baby, preventing postpartum depression, diapering, equipment/furniture recommendations (what's really necessary?), and reclaiming your sex life. Rather than teaching the "right" way to parent, emphasis is placed on guiding parents into developing effective solutions that will work for their families. $40 per couple with discounts available. Call Patty Brennan at 663-1523; patty@center4cby.com.

Breastfeeding Basics with Barbara Robertson of Center for the Childbearing Year • Two Wednesdays: Mar. 5 and 12, 6:30-8:30 p.m. or One Saturday: Feb. 9 or April 12, Noon-4 p.m. • This class focuses on those first critical weeks of your baby's life and provides basic information and resources to prepare the mother-to-be for a satisfying breastfeeding experience. M-Care insurance reimbursement. $60 per couple with discounts available. Call Patty Brennan at 663-1523; patty@center4cby.com.

Combining Work with Breastfeeding with Barbara Robertson of Center for the Childbearing Year • Feb. 18 or April 7, 10 a.m.-12:30 p.m. • This class focuses on strategies for returning to work. Types of breast pumps, the experience of pumping, safe storage of breastmilk, wardrobe challenges of the working breastfeeding mother, and possible childcare arrangements will be covered. Each mother, with the help of the group, will have the opportunity to work toward a personal plan for her unique work situation. Class limited to six moms with nursing babies welcome. Can be taken prior to birth if desired. $30. Call Patty Brennan at 663-1523; patty@center4cby.com.

Nurturing the Breastfeeding Mother Support Group with Barbara Robertson of Center for the Childbearing Year • Four Mondays: Jan. 21-Feb. 11, Feb. 25-Mar. 17 or April 14-May 5; 10:30 a.m.-Noon • Come meet other women who are breastfeeding their babies! This four-week class provides a combination of a nurturing environment and accurate, up-to-date medical information. In addition, each individual mother's concerns are top priority. Topics include settling in with your new baby, breastfeeding challenges, balancing baby with family needs, and nighttime parenting. $60. Call Patty Brennan at 663-1523; patty@center4cby.com.

DONA International Birth Doula Training and Certification with Patty Brennan and Kate Stroud of Center for Childbearing Year • Feb. 22-24 or Mar. 7-9, 8:30 a.m.-5:30 p.m. • Become a professional Birth Doula. Training covers the doula's role during pregnancy, emotional support in labor, comfort measures and pain relief, labor support strategies for normal and challenging births, essential communication and mediation skills for doulas, the doula's role postpartum, breastfeeding support, basic business skills, and more. No previous medical training required. Call 663-1523; patty@center4cby.com.

DONA International Postpartum Doula Training and Certification with Patty Brennan of Center for Childbearing Year • Nine Tuesdays: Feb. 12-April 8, 6-9:15 p.m. or Friday-Sunday, April 4-6, 8 a.m.-6:30 p.m. each day • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of the birth experience and its impact on postpartum recovery, normal physiologic recovery for the mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating a new baby into the family, postpartum mood disorders, support for the grieving family, and more. 25.5 Nursing CEs approved. $400 with early registration discount available. Call 663-1523; patty@center4cby.com.

Professional Education in Breastfeeding and Lactation with Barbara Robertson of Center for the Childbearing Year • Mar. 15, 9 a.m.-1:30 p.m. • This workshop provides a grounding in the fundamentals of breastfeeding and will educate professionals who work with women postpartum in the counseling skills necessary to assess and correct breastfeeding problems. 6 Nursing CEs approved. $65 with early registration discount offered. Call 663-1523; patty@center4cby.com.

Postpartum Home Visits: Adjustment Needs, Depression Screening, and Support Strategies with Patty Brennan of Center for the Childbearing Year • Feb. 16, 8:30 a.m.-5:15 p.m. • This training is designed to help professionals be more effective in interactions during postpartum visits to enhance their ability to provide services to depressed mothers. Topics include the "myths of motherhood", use of the Edinburgh Postpartum Depression Scale, strategies for providing support, prioritizing needs, mobilization of resources, and creating postpartum care plans. 6.5 Nursing and Social Work CEs approved. $120 with discounts available. Call Patty Brennan at 663-1523; patty@center4cby.com.

Children and Young Adults

Tea with the Fairies at Crazy Wisdom Tea Room • Thursday, Feb. 28, with seatings at 1 p.m. or 4 p.m. • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve up tea, treats, and magic. Storytime, too. Your table must be reserved by phoning Samantha at the Tea Room in advance. $8.50 per person includes a party favor. Babies 18 months and younger free. Call Samantha at 665-9468 or email her at samantha@crazywisdom.net.

Children's Yoga with Sondra O'Donnell of Sun Moon Yoga • Mondays, 5:15-6 p.m. • Children grades K-5 discover the beautiful, healthy, peaceful, balanced beings that they are through traditional yoga teachings in the form of stories, games, and songs. $12 drop-in with reduced rates for registration. Call 929-0274; sondra@annarboryoga.com.

Baby and You! with Gari Stein • Wednesdays, Jan. 9-April 9 • Music and movement for infants and the grown-ups who love them. A warm, gentle, nurturing environment to learn methods and activities that help nourish brain development, turn cranky to calm, and enhance the adult-child bond. $150 includes three cds. For times, call 741-1510; garistein@aol.com.

Sing with Me! with Gari Stein • Tuesdays, Wednesdays or Thursdays, Jan. 8-April 10; 9:15 or 10:45 a.m. • Musical enrichment for children birth to 5 and the grown-ups who love them. Together, we will sing, chant, bounce, folk dance, play instruments, share hugs, and more. A research based program that enhances development, learning, listening, and literacy. $176-$190 includes four cds, with discounts for second sibling. Call 741-1510; garistein@aol.com.

New Moon Sing with Tammy Corwin-Renner • Jan. 8, Feb. 6, Mar. 7, April 6; 6:30-7:30 p.m. • A sing for girls 8 to 18 years and their mothers, aunts, grandmothers, and female friends. We sing songs and rounds to nourish our relationships with one another, the earth, and ourselves. New Moon events are by donation. Call 786-3991; dcorwin-renner@comcast.net.

Kids Night Out Party with Quest Martial Arts • Jan. 19, 5-9 p.m. • This party is a fun time for children to spend time learning martial arts with their peers. It's also a great chance for parents to get four hours of time to themselves. $20. Call Nick Oliverio at 332-1800; questcenter@sbcglobal.net.

Demo Extravaganza and Black Belt Test with Quest Martial Arts • Jan. 25, 6:30 p.m. • Come watch our students demonstrate what they have been learning. You will also have the opportunity to see some of our most advanced students testing for their black belts. Free. Call Nick Oliverio at 332-1800; questcenter@sbcglobal.net.

Steal-Proof Master with Quest Martial Arts • Feb. 23, 3-5 p.m. • A presentation of our stranger-danger educational program that is an excellent opportunity for children ages 5 and older. Free. Call Nick Oliverio at 332-1800; questcenter@sbcglobal.net.

Ninja and Cool Kid Advancement with Quest Martial Arts • Feb. 29, 6:30 p.m. • This is an excellent opportunity to come watch our students show off what they have been learning. Free. Call Nick Oliverio at 332-1800; questcenter@sbcglobal.net.

Open House with Quest Martial Arts • April 22-23 • Come in to experience a free trial martial arts lesson. This is a great opportunity to sample an effective self-defense system combined with a core of focus, self-discipline, and respect. Free. For times, call Nick Oliverio at 332-1800; questcenter@sbcglobal.net.

Little Dragons Karate with Barbara Christensen at the Mind, Body and Spirit Academe • Eight Tuesdays beginning Jan. 22, 6:10-6:50 p.m. • Karate for youth ages 4-6. For cost, call 665-2840; blchristensen@earthlink.net.

Youth Karate with Barbara Christensen at the Mind, Body and Spirit Academe • Thursdays beginning Jan. 24, 4-5 p.m. for ages 10 and up or 5-6 p.m. for ages under 10 • Karate for intermediate/advanced students. For cost, call 665-2840; blchristensen@earthlink.net.

Youth Karate with Barbara Christensen at the Mind, Body and Spirit Academe • Tuesdays beginning Jan. 22, 7-8 p.m. • Karate for ages 7 and up, all levels. For cost, call 665-2840; blchristensen@earthlink.net.

Fall/Winter Dance Session at Tree of Life Cultural Arts Studio • Classes for all ages and levels. $12 drop-in. For complete list of offerings, call Jen Giacomelli at 433-0697; www.treeoflifestudio.org.

2008 Season at the Wild Swan Theater • $8 child, $10 adult. Group rate available. Call Michelle at 995-0530; www.wildswantheater.org.
Strega Nona and the Magic Pasta Pot • Jan. 24-26 • For grades PreK-2.
Drum Me a Story • Feb. 7-9 • For grades PreK-3.
Along the Tracks • Feb. 13-16 • For grades 3-12.
Peter Rabbit • Mar. 6-8 • For grades PreK-2.
Treasure Island • April 30-May 4 • New!! For grades K-7.

Storytelling Saturdays at Nicola's Little Professor Bookshop • Every Saturday, 11 a.m. • Local storytellers come to tell wonderful stories for children, with an animal visit once per month. No cost. For information on presenters, call 662-0600.

Kids/Youth Martial Arts with International Silat Federation of America • Tuesdays, 6-7 p.m. • Indo/Malay Martial Arts program for youth to develop self-esteem, self control, self awareness, and self defense. First two weeks free. For cost, call BODY-MIND-SPIRT at 945-8602; staff@bmswc.com.

Color Energy

Aura-Soma Level 1: Foundation Class with Victoria Silks • Feb. 9-14 or April 5-10, 9 a.m.-4 p.m. • The Foundation Level of Aura-Soma color care system developed in England in 1980 includes hands-on experiential work to complement the introduction of the 105 "equilibrium" bottles containing the energies of color and light, flowers, herbs, crystals and gems. Classes good for CEU's from NCBTMB. $650 includes workbook, handouts, and certificate from ASIACT. Call 669-0376; vsds@sbcglobal.net.

Aura-Soma Level 2: Intermediate Class with Victoria Silks • Mar. 15-20, 9 a.m.-4 p.m. • Level 2 builds upon Level 1 to deepen the understanding of the language of color. It exposes students to the connection between color energy and other wisdom traditions, as well as deepening consultation skills. $650 includes workbook, handouts, and certificate from ASIACT. Call 669-0376; vsds@sbcglobal.net.

Aura-Soma Level 3: Advanced Class with Victoria Silks • April 19-24 • $725 includes workbook, handouts, and certificate from ASIACT. For description and times, call 669-0376; vsds@sbcglobal.net.

Divorce

Preparing for Divorce Mediation Workshop with M. Brady Mikusko • Jan. 2, Feb. 5, Mar. 3 or April 1, 6-8:30 p.m. • A valuable mini-class teaching practical ways to maximize your preparedness for divorce mediation. Includes help understanding mediation and how to approach it, negotiation tips, communication strategies, and raising difficult issues. $65 includes workbook. Call 747-8240; bradymikusko@ameritech.net.

Divorce: A Spiritual Opening? with Patty Danks of Visitation North • Jan. 26, 9:30 a.m.-3:30 p.m. • This day will offer insight on the dynamics of marriage and the devastation of divorce with the hope that, through reflection, some healing may be experienced. $30 with lunch on your own. Call 248-433-0950; visitationnorth@ihmsisters.org.

Dreams

Learn from Your Dreams with Linda Alice Dewey of Gateways • April 19, 2-5 p.m. • Discover the inner wisdom and guidance that comes to you in your dreams as Linda presents techniques to remember and interpret sleep journeys. Understand what happens in the dream state and learn the different types of dreams. Begin to recognize how your own dreams talk to you through symbols each night. Learn to intentionally direct dreamtime toward your own specific goals of healing and self-improvement. $40. Call 332-4666; gatewayscenter@hotmail.com.

Group and Individual Work with Dreams with Rebecca Mullen • Dates and times to be determined by participants • People will be encouraged to share their dreams in order to appreciate their symbolic and universal meaning. Free with donations accepted. Call 662-5925.

Drumming

Sacred Drum Circle: Vibrations through BODY-MIND-SPIRIT • Jan. 27, Feb. 24, Mar. 30, April 27; 4 p.m. • Open, free-form rhythm and drumming. $5-$10 love offering. Call 945-8602; staff@bmswc.com.

Drumming Circle with Sally Gabany of Visitation • Second Friday of each month, 7-9 p.m. • Awaken your playful spirit, reduce tension and stress, and enhance your awareness of how sound can create peace and harmony. $10-$20 per session. Call 734-242-5520; visitation@ihmsisters.org.

West African Drum Class with Ryan Edwards and Milla Sylla • Thursdays, 7:15-8:45 p.m. • Explore ritual and popular music of the Malinke and Susu people of West Africa. Classes cover the feel, technique, and repertoire involved in jamming African-style. All abilities welcome to this fun and ego-free setting. $10-$15 sliding scale. Call 475-3158; ryan@likewaterdrumworks.com.

Drummunity Circle at Crazy Wisdom Community Room with Lori Fithian • Jan. 17, Feb. 14, Mar. 18, April 22; 7-9 p.m. • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join in the circle. No experience necessary. Drums available. Free. Call 426-7818; lorifithian@mac.com.

Rhythm and Drummunity Retreat with Lori Fithian at Inn at the Rustic Gate • April 25 at 7 p.m. through April 27 at 1 p.m. • Spend a spring weekend exploring the energizing possibilities of drumming, singing, and moving your body in a supportive, playful environment. Take time to form a deeper connection with yourself, nature, and others while exploring many kinds of rhythmic expression. All levels are welcome, including beginners. Drums provided or bring your own. $125 commuter; $225 for shared room and all meals; $275 for private room and all meals. Call 800-319-5867; rusticgate@starband.net.

An Afternoon of Rhythm, Drum, and Fun with Lori Fithian • Mar. 22, 1-5 p.m. • Learn to drum! Join us for a fun intro to the magic of rhythm. Using body percussion, hand drums, found objects, and more, we'll spend the day making music, laughing, and learning together in a relaxed, retreat-like atmosphere. Healthy snacks included. $40. Call 426-7818; lorifithian@mac.com.

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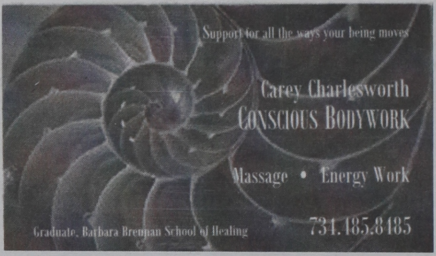

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The Crazy Wisdom Calendar

Energy Healing

Energy Flow: Meditation and Energy Healing with BODY-MIND-SPIRIT Staff • Fridays, 6-7 p.m., Saturdays or Sundays, 1-2 p.m. • Sessions explore energy, breath, and healing as participants start with silent meditation, proceeding through a set of hand movements, all while listening to "meditative vibrations and music" (non-aerobic, utilizing seated postures). $10. Call 945-8602; staff@bmswc.com.

Understanding Energy Centers with Wasentha Young • Feb. 11, 7:15-8:30 p.m. • The central channel of the body houses the major energy centers. This "small circulation of chi" orbits the body, connecting all the centers. Through visualization, touch, and breathing techniques, this session will introduce, explore their fundamental qualities, and make tangible for participants this essential energy flow. $20. Call Peaceful Dragon School at 741-0695; www.peacefuldragonschool.com.

Chi-Do with Wasentha Young • Feb. 25, 7:15-8:30 p.m. • Putting together Chinese yogic stretches (qigong), potent acupoints (used to help relieve stress-related tension), dynamic movements of the 8 Ways (8 images and movements), and meditation, this session will leave you relaxed and with a sense of well-being. The intention underlying the combination of these health arts is to relax the muscles and open the joints. This, along with quieting the mind, will offer an awareness and expansion of the mind and body that is practical for any busy lifestyle. $20. Call Peaceful Dragon School at 741-0695; www.peacefuldragonschool.com.

Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.
- Theodore Isaac Rubin

Exhibits

Inge Morath and Arthur Miller: China Exhibit through the University of Michigan Museum of Art Off/Site • Jan. 12-Mar. 23 • In 1978, only two years after the end of China's cultural revolution, photographer Inge Morath and her husband, playwright Arthur Miller, were invited to travel to China, where they would eventually return in 1979 and 1983. This exhibition captures two artists responding to a society in transition, with photographs by Morath and excerpts from both her and Miller's journals. Tuesdays, Fridays, Saturdays, Sundays: 11 a.m.-6 p.m. Wednesdays, Thursdays: 11 a.m.-9 p.m. Free. Information hotline: 763-UMMA.

Myth of Difference Exhibition at Gallery Project • Jan. 9-Feb. 17 with opening reception Jan. 14, 6-9 p.m. • 20 local, regional, and national artists explore the idea of disability, honoring the way contemporary artists move beyond tokenism to celebrate the depth and heft of being different. Free. Tuesday-Thursday Noon- 6 p.m., Friday-Saturday Noon-9 p.m., Sunday Noon- 4 p.m. Call 997-7012.

Surface Exhibition at Gallery Project • Feb. 20-Mar. 30 with opening reception Feb. 22, 6-9 p.m. • 20 local, regional, and national artists explore ways that attention to surface revolutionizes ideas about art. Does the surface express or camouflage content? How do innovative treatment and new materials impact the function of surface? Free. Tuesday-Thursday Noon- 6 p.m., Friday-Saturday Noon-9 p.m., Sunday Noon- 4 p.m. Call 997-7012.

Spaces Exhibition at Gallery Project • April 2-May 11 with opening reception April 4, 6-9 p.m. • 20 local, regional, and national artists explore the impact of spatial experience. How does expansive rural experience versus closed urban experience express? Free. Tuesday-Thursday Noon- 6 p.m., Friday-Saturday Noon-9 p.m., Sunday Noon- 4 p.m. Call 997-7012.

Feng Shui

Feng Shui Basics with Marie Schoonover • Feb. 3, 1-3 p.m. • Feng Shui is the ancient Chinese art of balancing the chi, or life force energy, in a space by mindful design. By balancing chi, a practitioner can expect to feel more grounded, approach life with more energy, help relieve stress, and attract prosperity. This class will provide the student with a simple overview to apply this information in all areas of their lives. $35. Call Pat Krajovic at 734-416-5200; info@bodyworkshealingcenter.com.

Creating a Meditation Garden with Feng Shui with Wendy Warrick • Mar. 26, 6:30-8:30 p.m. • Being in communion with nature can be a natural transition into the deeper space of meditation Learn how you can potentize the effects of your meditation garden through the use of feng shui. Bring paper to sketch on and any tree, flower or foliage books you like. $30. Call 222-0872; thespiritofplace@sbcglobal.net.

Feng Shui Sound and Color Cures with Wendy Warrick • April 16, 6:30-8:30 p.m. • As vibrational energies, both sound and color are very powerful feng shui tools. Learn advanced techniques and deeper metaphysical truths to catalyze bringing about transformational change in your life. $35. Call 222-0872; thespiritofplace@sbcglobal.net.

Introduction to an Intuitive Approach to Feng Shui with Wendy Warrick • April 30, 6:30-7:30 p.m. • $15. For description, please call Wendy at 222-0872; thespiritofplace@sbcglobal.net.

Flower Essences

Flower Power: The Healing Power of Flower Essences with Bronwen Gates • Jan. 19, 10 a.m.-4:30 p.m. • An intensive immersion in Flower Essence Therapy. We will delve into this elegant and powerful way of using the healing that resides in the petals of flowers: history and use; selection using questionnaires, interviews, dowsing, and kinesiology; and the diversity of flower essences for whatever ails you. $72. Call 975-8754; bronwild@aol.com.

Using the Bach Flower Remedies to Engage Your Soul's Path: The Twelve Healers of Bach, the "Soul Tracks", and Your Personal "Maintenance Formula" with Bronwen Gates • Feb. 23, 10 a.m.-4:30 p.m. • In the Soul Tracks system, Dietrich Kramer reclassifies the Twelve Healers, the first 12 rememdies made by Bach, as "Communicãtion Essences", essences that convey to you part of the Soul's intent. The "Soul Tracks" themselves explore the distortions that can develop when we resist (or have resisted) the Soul's path. Too often, we understand the path of Soul to be painful and difficult, instead of the path of beauty it truly is. Here is an opportunity to learn how to use the Bach remedies to create and support your path of beauty. $72. Call 975-8754; bronwild@aol.com.

Using Flower Essences Topically for Body-Centered Healing with Bronwen Gates • Mar. 15, 10 a.m.-4:30 p.m. • You will learn to use the Body Maps developed by Dietrich Kramer for the Bach Remedies to address physical symptoms, and also how to use dowsing and kinesiology to expand the external application of essences for your own healing or that of others. $72. Call 975-8754; bronwild@aol.com.

Grief & Grieving

Writing About Grief Workshop with Cam Vozar • Jan. 16, 7:30-9 p.m. • An opportunity to share your personal experience of grief/loss through writing. If you have written poetry or prose, bring your writing to share. $5. Call 747-9073; cam.vozar@gmail.com.

Healing

Self-Healing with Layla Ananda through Gateways • Mar. 25, 7-9:30 p.m. • Self-Healing is the process of accessing energies from many sources to lavish on a part of you - physical, mental, emotional or spiritual - that is in need of healing. This workshop will teach you to focus on healing energies on the issue of your choice, in a safe, comfortable, confidential setting, using a process you can take home and use again on your own. $10. Call 332-4666; gatewayscenter@hotmail.com.

Introduction to Conscious Manifesting with Diana Machnak • Jan. 15, Feb. 19 or Mar. 25; 7-9 p.m. • During this time of increased energy, we are manifesting at the speed of light. Let's learn how to be more conscious of what we are co-creating. This class teaches responsibility in manifesting, how to remove unwanted blocks to your heart's desire, and how to use the laws of attraction and gratitude to have health, wealth, and wholeness in your everyday life. $35. Call 734-416-5200; info@bodyworkshealingcenter.com.

Light Worker Activation Group with Sandya • Wednesday evenings • As a lightworker, you have incarnated at this special time in order to facilitate the transition to the next age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. $100 monthly fee. Call 913-9670; sandya2013@yahoo.com.

Healer Development 101 with Eve Wilson and Kim Greene • Six classes in April and May, 7-9:30 p.m. • We will cover intuition development, the wisdom within, sacred space and energetic boundaries, chakra tuning, guardian angels, purifying water, aura reading and demonstration, and power animals. $240. For dates, call 248-545-3928; evew@spiritualhealers.com.

We Are All Healers with Bronwen Gates • Jan. 9, 6:30-9:30 p.m. • An overview of the nature of health and healing, and your capacity to heal and be healed. Engage your inner healer, and begin or continue to develop and expand your personal realtionship to your own healling wisdom. $35 at the class at $30 in advance. Call 975-8754; bronwild@aol.com.

Healing Circles with Bronwen Gates • Thursdays beginning Jan. 10, either 9:30 a.m.-12:30 p.m. or 6-9 p.m. • A small group gathering for healing, personal as well as collective, and the development of a repertoire of healing skills for your toolkit. Each member of the group is invited to step into a map of transcendence where healing is a process of creating wholeness without leaving scars. In addition to working with several modalities within the group, you will each receive a Flower Essence Blend to support you on your healing journey. $45 for each three-hour circle, including essences. Call 975-8754; bronwild@aol.com.

Healing Touch

ealing Touch: Level One with Barb McConnell • Feb. 9-10 or April 19-20, 8 a.m.-6:30 p.m. each day • ealing Touch is a complementary energy therapy that can be used along with traditional techniques or as a stand-one treatment. Students use their hands with light or near-body touch to help clear, balance, and energize the uman energy system to promote healing for the mind, body, and/or spirit. It is based on a heart-centered caring or others. Classes are available for anyone desiring in-depth understanding of healing work using energy based oncepts. 18 CEs for nurses and massage therapists. $333. Call 517-522-4790; mcconb51@bigplanet.com.

ntroduction to Healing Touch: Pain Management with Barb McConnell • Mar. 8, 9 a.m.-1:30 p.m. • Learn asic, non-invasive techniques to help control pain. Some lecture but primarily hands-on experience. 4 CEs for urses and massage therapists. $70. Call 517-522-4790; mcconb51@bigplanet.com.

Herbs, Plants & the Garden

erbal Wisdom Series presented by Linda Diane Feldt sponsored by People's Food Co-op • All classes 7-:30 p.m. at Crazy Wisdom Community Room • Free, but pre-registration is preferred at 994-4589.
an. 24 • An Herbal Reponse to Bacteria, Staph, and Fungus Fears • A holistic perspective on fears of bacteria nd germs. What you can do, what you should do, and how to build them.
eb. 21 • Herbal Allies for Menopause • For every symptom, for every concern, there are herbal alternatives. earn how herbs have supported women through menopause and which ones can help you.
lar. 27 • Herbal Allies for Men • Why are men the least likely to use herbs, but the most likely to die of prevent-ble diseases? What herbs can support and nourish men and how can we increase their use? From simple infusions significant life savers, we'll talk about improving men's health.
pril 24 • Supporting the Immune System • You'll learn about the immune system, what foods and herbs can upport immune health, and how to make it easy and sensible.

asic Botanical Concepts: Medicinal Herbs and Wild Edibles with Mary Light • Two parts: Jan. 27 and eb. 9, 10 a.m.-2:30 p.m. • This popular, interactive, artful primer for field ID helps you learn to navigate the orld of nature, recognize herbal allies, and connect with our native plants as you dream of flowers to come. $50. all 769-7794; gaiacenter@sbcglobal.net.

aia School of Herbal Studies Open House with Mary Light • Jan. 19, Feb. 16, Mar. 22; 11 a.m.-2 p.m. • We pen our doors for tours, questions, and resources about our School of Herbal Studies, Medicinal Herbalist Certifi-ation Programs, and Sacred Plant Medicine, before our program season begins. Free. Call 769-7794; gaiacenter@ bcglobal.net.

laking Herbal Medicine with Mary Light • Jan. 26, 10 a.m.-2:30 p.m. • Experiential class with live demon-rations, discussion, formulas, and sensory interaction with herbs, helping you make your own tinctures, extracts, ixirs, poultices, and more. $50. Call 769-7794; gaiacenter@sbcglobal.net.

iving Botany: The Plant Body with Bronwen Gates • One Saturday: Jan. 12, Feb. 9, Mar. 8, April 12;):30 a.m.-4:30 p.m. OR Two Monday evenings: Jan. 14, 28; Feb. 11, 25; Mar. 10,24; April 7, 21; 6-9 p.m. An opportunity to expand and deepen your connection to the plant world through intimacy with the plant body. is not a typical botany class, nor a class on herbal medicine, though it is about plant medicine, the potency of onsciousness that is carried in these (usually) green beings. Learn about the form and structure of the plant body, om the outside in and the inside out: shoots and roots, stems and leaves, leaves and buds, flowers and fruits. $240 advance; $69 per month at class. Call 975-8754; bronwild@aol.com.

Holistic Health

lolistic Health Series sponsored by People's Food Co-op • All classes 7-8:30 p.m. at Crazy Wisdom Commu-ity Room • Free, but pre-registration is preferred at 994-4589.
an. 10 • Nervous System Support with Diana Christoff Quinn • An overview of natural remedies for maintain-ig a healthy nervous system, with special attention given to depression and anxiety. We will discuss nutritional, otanical, and homeopathic choices.
an. 31 • Breakfast: Not the Same Old Cereal with Yael Dolev • Find out why you should eat breakfast and get ome easy-to-make ideas on what to eat.
eb. 12 • Optimizing Thyroid Function with Diana Christoff Quinn • We will discuss the thyroid gland and atural remedies for supporting thyroid health.
lar. 11 • Menopause with Diana Christoff Quinn • This will be an overview of the physiology of menopause nd natural approaches to symptoms. We will also cover the pros and cons of hormone replacement therapy and e scientific research on nutrient and herbal supplementation.
pril 8 • The Liver and Detoxification with Diana Christoff Quinn • Spring is time for liver support and spring leaning. We will talk about naturally detoxing your system with nutrition, herbs, and hydrotherapy.

ibromyalgia and Other Chronic Pain with Judy Stone • Jan. 29, 7-8 p.m. at Whole Foods • You don't need be in constant pain. Pain is your body's way of telling you something's out of balance, not that you have a pain ill deficiency. Nutritional mistakes, toxins, and digestive problems are major contributors. Come find out how you an reverse the cycle of pain. Free. To pre-register, call 975-4500.

leart Health without Drugs with Judy Stone • Feb. 26, 7-8 p.m. at Whole Foods • Been told you should be on atins to lower your cholesterol? Wondering why the magic cholesterol target number keeps going down? Choles-rol is a small piece of heart health in a much larger picture, though for decades it's been presented as the whole ory. Come find out the positive role cholesterol plays in your health and what you can do if you are concerned bout your lipid numbers. Free. To pre-register, call 975-4500.

he Bone Stops Here: Osteopenia and Osteoporosis with Judy Stone • Mar. 18, 7-8 p.m. at Whole Foods • /hy are so many people suddenly being diagnosed with osteopenia? Why does your body become less efficient at aking new bone? How can you change that? Would you like to find out where your bone-making has gotten off-ack and why calcium isn't the answer? Free. To pre-register, call 975-4500.

/hy Am I So Tired (and What Can I Do About It?) with Judy Stone • April 15, 7-8 p.m. at Whole Foods Fatigue is the result of simply doing too much, or it can be the result of your body being out of balance. Not eling rested when you wake up, fizzling midday, having no steam by dinnertime, not having the strength to do ormal life tasks are good indicators there's a problem. Come find out what may be going on in your case and what ou can do about it. Free. To pre-register, call 975-4500.

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The Crazy Wisdom Calendar

Holistic Health (continued)

Anthroposophic Inpatient Therapeutic Session with Drs. Molly McMullen-Laird and Quentin McMullen at Rudolf Steiner Health Center • Feb. 11-23 • Anthroposophic medical care, nursing care, artistic therapies, and dietary measures, including eurythmy therapy, art therapy, speech formation therapy, nutritional counseling, and rhythmical massage for the treatment of chronic illness. For more information, call 663-4365; fax 663-0313; rshc@earthlink.net.

Cardiovascular Disease: Enzymes are the Heart of the Matter with Mark Rojek • Feb. 16 • The cost of preventing cardiovascular disease is miniscule compared to the actual cost of triple by-pass surgery or the drugs used with their deleterious side effects. Diet and natural means are available to prevent and treat cardiovascular disease, specifically enzymes. $10. For times, call 475-2737; lakhana3@yahoo.com.

Preventing and Healing Allergies Naturally with Mark Rojek • Mar. 15 • Allergies are signs and symptoms of enzyme deficiencies that can be healed quickly with modifications in the diet and the use of plant enzymes. $10. For times, call 475-2737; lakhana3@yahoo.com.

Losing Weight with Mark Rojek • April 5 • Losing weight can be burdensome for many who have tried all the fad diets or even the more serious ones. The presentation will focus on new information on how to re-define your goals and lose the unwanted pounds. $10. For times, call 475-2737; lakhana3@yahoo.com.

Laughter 101 with Penni Helsene • Jan. 27, 1-2 p.m. • Laughter lifts depression, strengthens the immune system, eases stress, and prevents hardening of the arteries. Come join us for a 45-minute physical/emotional workout. Light stretching and lots of laughing. $5. Contact pdhelsene@aol.com.

Infant Massage

Infant Massage Workshop with Ann Zalek • Four Thursdays: Jan. 10-31 or Mar. 6-27; 10-11 a.m. • Parents enjoy learning to massage their babies to promote bonding and attachment. We will share eye-to-eye contact, skin-to-skin contact, facial expressions, soothing sounds, cuddling, and smell. New strokes are introduced each class so babies are not over stimulated. There are no performance standards. Massage is done at a pace the babies are willing to accept. $80 per family. Call 332-3800; www.theracaremassagetherapy.com.

Intuitive Awareness & Psychic Development

Drop-In Intuitive/Psychic Readings with Molly Ann Indura in the Crazy Wisdom Tea Room • Fridays, 7-10 p.m. • $1 per minute. No appointment necessary. Call 417-8317; mollyannindura@hotmail.com.

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • Diane believes we all have the answers to the questions and concerns within us. Sometimes we just need a little help finding them. Diane's intention is to help you find the oracle that resides within you as she shares impressions, metaphors and messages to be utilized as tools for self-insight. $1 per minute. No appointment necessary. Call 327-9568; in-genius@comcast.net.

Drop-In Intuitive/Psychic Readings with Marcella Fox in the Crazy Wisdom Tea Room • First and third Sundays, 2-5 p.m. • Marcella offers guidance and healing using a variety of techniques ranging from intuitive readings to Tarot and Mana Card readings. Readings may include channeling on special issues, Reiki, past life readings, chakra balancing and journeying. She also offers readings on pets involving remote viewing (your pet need not be present). $1 per minute. No appointment necessary, although a sign-up sheet is available. Call Marcella at 734-717-8513.

Foundations in Psychic Development II: Space, Seniority, Neutrality, and Spiritual Fuel with John Friedlander • Dates and times to be determined • In this two-day workshop, we will develop a deep understanding of how we use our aura space to create our reality. We begin with psychic explorations that familiarize us with our space, and how we subdivide it through resistance to others. We can then learn to create our aura space through awareness rather than resistance. We then become able to create our reality less and less through resistance to another, and more from our own spiritual fuel. $190. Call Rose at 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development III: Seeing Auras with John Friedlander • Dates and times to be determined • In this two-day seminar, we will explore the psychic anatomy of clairvoyance (seeing auras), how to activate and empower this perception, and several ways to use this ability in making decisions, in healing oneself and others, and in deepening one's understanding of oneself and others. We will then move to actually doing comprehensive, systematic psychic readings in partnership with fellow students. Participants usually find they can easily increase their ability to perceive genuinely useful aura energies in just this one weekend. $190. Call Rose at 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development IV: Channeling with John Friedlander • Dates and times to be determined • Learn the clairvoyant mechanics of skillful channeling, how to prepare your space for channeling by running an ever clearer white light vibration while still owning and governing who and what occupies your space. This requires clearing psychic agreements, karma, and thought forms that distort both ordinary awareness and channeling. $190. Call Rose at 998-0340; rose_m_48105@yahoo.com.

Life Circle: Psychic Development and Energy Group with William LeTourneau • Second and fourth Wednesday of each month: Jan. 9, 23, Feb. 13, 27, Mar. 12, 26, April 9, 23; 7-9:30 p.m. at Crazy Wisdom Community Room • Join William LeTourneau for an evening of setting intention and meditation, beginning with a grounding exercise to spiritually align the group. Participate in various psychic modalities, energy work, and manifestation, as well as in-depth discussion and philosophy of these universal principles. Ideal for the curious novice or experienced intermediate. $10. Call 412-708-1831; temperancespiritart@comcast.net.

Psychic Skills with Toledo Lightworkers Co-op • Jan. 2, 7-9 p.m. • Psychic Kimmie Zapf gives us tips on developing our own psychic skills. Love offering. Call Steve at 734-888-2600; toledotlc@aol.com.

Remote Viewing with Toledo Lightworkers Co-op • Mar. 5, 7-9 p.m. • Join us in learning the how and why of remote viewing and the way it affects our lives. Love offering. Call Steve at 734-888-2600; toledotlc@aol.com.

Dying Was the Best Thing That Ever Happened to Me with Toledo Lightworkers Co-op • April 2, 7-9 p.m. • Learn to use knowledge from the "other side" to benefit you in this physical life. Love offering. Call Steve at 734-888-2600; toledotlc@aol.com.

Are Your Lights On? Psychic Development Class with Steven Glasgow • Jan. 9, Jan. 23, Feb. 13, Feb. 27, Mar. 12, Mar. 26, April 9, April 23; 7-8:30 p.m. • Learn to turn on your spiritual lights. Each class includes a spirit channeled session, a deep meditation, and practice developing your God-given psychic abilities. $7. Call Steve at 734-888-2600; stevenddrm@aol.com.

Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • Jan. 19-20, 10 a.m.-5 p.m. • Learn simple and powerful techniques to begin to perceive, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. Learn to clear others' energies out of your field, which can be particularly valuable when you are dealing with negative or draining energies in work and personal life. You also learn to communicate with both your own and others' (people and animals) God-of-the-Heart (Higher Self), and to do readings from that level. Also Preparation for Animal Communication. $189 with early payment and multiple discounts offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for Intuitive Health • Mar. 1-2, 10 a.m.-5 p.m. • Continue to develop your intuitive perception, do personal healing, and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $199 with early payment discount offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • Saturday and Sunday to be determined, 10 a.m.-5 p.m. • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Prerequisite Intuitive Awareness 1 and 2. $199 with early payment discount offered. For dates and times, call 663-9724; intuitivehealth@aol.com.

Love & Relationships

Preparing Your Relationship for Having a Baby: Workshop for Couples with Cia Gabriel and Felix Paulick • April 10, 7-9:30 p.m. • Painting the baby's room and learning how to change a diaper are great preparation for taking care of the baby, but what about YOU? This workshop is an invitation to set intentions for your relationship and connect with each other before the baby arrives so that, afterwards, you have a strong foundation and a PLAN for times when you are sleep-deprived, overworked, and feeling unappreciated (that means both of you!). $75 per family. Call Cia at 622-8335; cynthia@togrow.org.

Curious About Why People Bug You? with Carole Kirby • Jan. 13, 2-4:30 p.m. at Crazy Wisdom Community Room • Looking at who "bugs" you is a process of learning about yourself by discovering why others irritate you. The information is taken from *Voice Dialogue, Psychology of the Selves* by Hal and Sidra Stone. This workshop will review the concepts of Voice Dialogue and will emphasize what we can learn about ourselves from the irritations we have with others. Free, but please pre-register. Call 424-2797; www.therapy4couples.com.

Creating a Conscious Relationship: Intro to Imago Relationship Therapy with Carole Kirby • Mar. 9, 2-4:30 p.m. at Crazy Wisdom Community Room • The *Imago* approach teaches people a new way to share, listen, and understand each other's thoughts and feelings. It helps you discover what's beneath your longstanding issues and what you can do differently. With new insights and practice, you can change your reactive, ineffectual behaviors into a force for compassion, healing, and growth. Free, but please pre-register. Call 424-2797; www.therapy4couples.com.

Massage

Drop-In Massage Upstairs at Crazy Wisdom Bookstore with Michael Bratcher • Saturdays, 2-6 p.m. • Come in to Crazy Wisdom at the end of your week and get a seated massage! $1 a minute. No appointment needed. Call 665-2757; mebratcher@yahoo.com.

Bellanina's Facelift Massage Teachers Training with Nina Howard • April 23-27, 9 a.m.-5 p.m. • For graduates of Belavi/Bellanina Facelift Massage seminars. An opportunity to expand your career by becoming a Certified Facelift Massage Teacher. $3,000. Call 800-235-2844 or 747-7661; operations@bellanina.com.

Gari Stein leads classes and programs for small children through her Music for Little Folks business. She has degrees in psychology and dance, and she's been an educator for 40 years.

How long have you been leading Music for Little Folks programs and classes? And about how many kids have participated, over the years, would you guess?

I became an educator in the mid-60s and started Music for Little Folks in 1993. I would guess about 1,000 children have participated.

What do you most love about your work leading music & movement programs for little children?

It is hard to answer simply because I love everything about what I do. Through classes, family & school concerts, staff development and The Ann Arbor Symphony Kinder concerts, Music for Little Folks has helped build a community around the power music can have in the lives of young children. Seeing those precious little faces is a privilege, which brings me enormous joy. To watch children grow and develop in so many ways, not just musically, is a gift that keeps on giving. Also, the parenting piece, the nurturing of relationships between the little ones and the grown-ups who love them, is an important part of making music together.

What is your earliest recollection of music as a child?

I remember my mother rocking me as she lulled me to sleep chanting Ah-ah, ah-ah ba-by. Ma-ma is a la-dy. Dad-dy is a gen-tle-man and you're the lit-tle ba-by. My childhood was filled with the sound of music.

What music did you love as a teenager?

The first 45 record I bought was At the Hop, by Danny and the Juniors. I spent much of my time singing and dancing to Broadway show tunes in my living room, but looking back I was pretty much a folkie. Dylan, Buffy St. Marie, Joan Baez, Peter, Paul and Mary, James Taylor and Phoebe Snow were among my favorites.

What music do you especially love at this time in your life?

I love Celtic airs and waltzes, classical, opera, jazz, big band, new age, Gregorian chants and blues. But along with the traditional music, in-between all the peace and love, I have to admit, I still like to rock and roll.

What is the most beautiful place you've ever been to?

When I think about beauty, the first image in my mind's eye is my grandchildren. Being with them is the most beautiful of all places. This summer, my husband, Ira Lax, and I traveled by train to Cape Breton, Nova Scotia. The lush landscapes along the St. Lawrence River, herons and other wildlife kept my eyes glued to the window for almost 2 days, except for meals in the dining car, of course.

What do you do for fun in the wintertime in Michigan?

Besides being with my grandchildren, I love to walk along the river, especially at Furstenberg Park, and there is also a great boardwalk in Marshall. I find that winter gives me more time to do some serious cooking. Two favorite pastimes are watching old movies late at night and reading by the fire, sometimes sleeping on the floor pretending I am camping.

Bellanina's Facelift Massage Seminar with Nina Howard • Jan. 25-27, Mar. 28-30 or April 25-27; 9 a.m.-5 p.m. • CEU opportunity for massage therapists and healing arts professionals. Expand your business and turn your treatment room into a spa with this holistic, pampering treatment. 24 CEUs. $995 for three-day seminar and professional treatment kit. Call 800-235-2844 or 747-7661; operations@bellanina.com.

Basic Relaxation Massage Workshop with Kathryn Hannan • Feb. 9 or April 19, Noon-4 p.m. • This workshop is designed for those who are interested in learning basic massage techniques and how to apply them to themselves as well as friends and family. The benefits of massage will be explored. Applications of basic massage strokes will be demonstrated and practiced. The participants will be able to give relaxing massage to friends and family. This class is not designed to prepare the attendee to become a massage therapist as additional education is required. Class size limited. $60 or $100 for you and a friend, includes light snack and hand-outs. Call 332-3800; kathryn@theracaremassagetherapy.com.

Basic Pregnancy Massage Class with Kathryn Hannan • Feb. 23, Noon-4 p.m. • This workshop is designed for those interested in learning basic massage techniques for expectant mothers. The workshop includes massage techniques as well as postural education, relaxation techniques, and proper lying positions. Some benefits of pregnancy massage include decreased stress, anxiety, and muscle tension; increased circulation and well-being of mother and baby; and the creation of a nurturing environment for couples to bond with the unborn child. This class is not designed to prepare the attendee to become a massage therapist as additional education is required. Class size limited. $80 per couple includes light snack and hand-outs. Call 332-3800; kathryn@theracaremassagetherapy.com.

Anatomy and Palpation Workshop with Christia West at Ann Arbor Institute of Massage Therapy • Jan. 11-13, 9 a.m.-5 p.m. • This workshop will expand the student's ability to palpate body landmarks, muscles, and structures. Emphasis is on anatomy, body mechanics, exercises for increasing sensory awareness, and self care. Experiential techniques are used to help distinguish muscles, bones, and various other structures. $350 with 21 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Neuromuscular Therapy II with Jocelyn Granger at Ann Arbor Institute of Massage Therapy • Jan. 4-6, 9 a.m.-5 p.m. • Neuromuscular Therapy is used for the freeing and relief of chronically tense, contracted, and painful tissues. It is an advanced form of massage therapy, which requires a high degree of anatomical precision, specificity, and skilled palpation. It provides complete and effective relief from chronic pain and tension. Treatment of the shoulder, arm and hand, and lower leg and foot. $350 with 21 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Neuromuscular Therapy III with Jocelyn Granger at Ann Arbor Institute of Massage Therapy • Jan. 25-27, 9 a.m.-5 p.m. • See description above. Treatment of abdomen, head, TMJ, and medical and anterior thigh. $350 with 21 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Myofascial Therapy I with Christia West at Ann Arbor Institute of Massage Therapy • Feb. 1-3, 9 a.m.-5 p.m. • Myofascial Therapy is an effective form of Deep Tissue Massage which addresses postural distortions and chronic Myofascial patterns of strain. In this class, we are treating the core muscles. We learn to correct dysfunction due to muscular imbalances in the core area. $350 with 21 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Myofascial Therapy II with Christia West at Ann Arbor Institute of Massage Therapy • Feb. 29-Mar. 2, 9 a.m.-5 p.m. • See above description. $350 with 21 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Myofascial Therapy III with Christia West at Ann Arbor Institute of Massage Therapy • Mar. 14-16, 9 a.m.-5 p.m. • See above description. $350 with 21 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Seated Massage with Christia West at Ann Arbor Institute of Massage Therapy • Mar. 22, 9 a.m.-5 p.m. • The Seated Massage course concentrates on teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort are taught. $150 with 7 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Sports Massage I with Jocelyn Granger at Ann Arbor Institute of Massage Therapy • Mar. 29-30, 9 a.m.-5 p.m. • Sports Massage is a rapidly emerging specialty within the massage therapy field. A combination of specialized techniques is used to prevent sports injuries, boost athletic endurance and performance, and accelerate recovery from injury or fatigue. The principles and techniques of Sports Massage include the physiology of the injury and repair process, pre- and post-event work, maintenance work, and injury assessment and treatment. $250 with 14 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

The Crazy Wisdom Calendar

Massage (continued)

Sports Massage II with Jocelyn Granger at Ann Arbor Institute of Massage Therapy • April 25-27, 9 a.m.-5 p.m. • The student will learn about certain common sports injuries, how to treat them, and how to help an athlete prevent them. Basic orthopedic assessment techniques are also taught. $350 with 21 CE credits. Discount for AAIMT graduates. Call 677-4430; fax 677-4520; info@aaimt.edu.

Medicine for the Earth

Medicine for the Earth: Restoring Health to Self and Environment with Kate Durda • April 12-13 in Grand Ledge • Based on the work of Sandy Ingerman, author of *Soul Retrieval*, and her most recent book, *Medicine for the Earth*. You will learn how to transform personal and environmental blockages and "pollution", explore alchemy, and practice a spiritual methodology that fosters the creation of miracles. Fire ceremony Saturday night. Transfiguration ceremony Sunday. $130-$150 sliding scale paid by April 10 or $150-$180 sliding scale at the door. For times, call 517-543-6754; spiritweaver@voyager.net.

Meditation

Pure Meditation Course including Raja~Kriya Yoga with Self Realization Meditation Healing Centre • Mar. 30-April 5, 9:45 a.m.-5 p.m. • Do you yearn for true peace in your mind and joy of spirit? Pure Meditation will give you the tools to relax, focus, and regain mastery of your mind to ease away the layers of ego, revealing your true self, lasting joy, and so much more! With Mata Yogananda Mahasaya Dharma to bless and guide you, and her teachers here to help, you CAN do it. $495 includes lunches and refreshments or $765 also includes lodging and all meals. Call 517-641-6201; SRMHCMichigan@CS.com.

Buddha Puja Meditation at Friends Meeting House • Second Tuesday of the month • This simple meditation conveys the ease and happiness of Buddha Shakyamuni like a flame being passed from one candle to another. Free. For time, call 478-0871.

Exploring Meditation with Belle McEntee • Sundays, 2-3 p.m. • Meditation is a state of being that is characterized by calm, alert energy. We remain connected to our strong, stable center where immense potential dwells. Come join in the meditative experience. $15 drop-in or $60 for six weeks. Call BODY-MIND-SPIRIT at 945-8602; staff@bmswc.com.

Introduction to Vipassana Meditation Half-Day Workshop with Deep Spring Center Teachers Susan Weir, Peg Tappe, and/or Mary Grannan • Jan. 12, 1-4 p.m.; Mar. 8, 9 a.m.-Noon • An introduction to insight meditation. No experience necessary. This program provides an excellent opportunity to find out what Vipassana is all about and experience the practice firsthand. The workshop is oriented to beginners and also recommended for meditators who would like a refresher in practice fundamentals. Wear comfortable clothes. Meditation cushions and chairs provided. $20 per session building fee with opportunity to offer dana to the teacher. Call 477-5848; www.deepspring.org.

Basic Tools for Vipassana Meditation with Deep Spring Center Teachers Peg Tappe and Mary Grannan • Six Thursdays: Jan. 17, 31, Feb. 14, 21, Mar. 13, 27; 7-8:30 p.m. • This class is offered to meditation students who have recently had a beginning Vipassana class and would like to strengthen and deepen their practice. Instruction will be offered on the Four Noble Truths and the sublime states of lovingkindness, compassion, sympathetic joy, and equanimity. There will be ample opportunity to share, ask questions, and receive support. Prerequisite is an Introductory Vipassana class series or by teacher's permission. $42 per session building fee with opportunity to offer dana to the teacher. Call 477-5848; www.deepspring.org.

Spring Vipassana Basics Retreat with Deep Spring Center Teachers • Mar. 14-16 • Open to all levels, this retreat is especially supportive for first-time retreatants, beginners, and anyone wanting to review the basics. Instruction in sitting and walking meditation, small group meetings, and evening dharma talks. Silence will be held at other times. Vegetarian meals and residential or commuter options. $120 commuter; $140 shared room; $170 private room. For times, call 477-5848; www.deepspring.org.

Practice Intensive Week with Deep Spring Center Teachers Susan Weir and Lou Weir • Jan. 6-12: Sunday 6-8 p.m., Monday-Friday 6:30-7:30 a.m., Saturday 7-9 a.m. • Retreat without walls. Come spend a week dedicating yourself to your practice. Sit in the morning each day and do daily exercises. Please plan on attending all or most sessions. Offered on a donation basis. Call Lou at 663-1675; louisweir@comcast.net.

Meditation Day of Practice with Deep Spring Center Teacher Carol Blotter • Feb. 3 and April 6, 9 a.m.-4:30 p.m. at Michigan Friends Center in Chelsea • One-day retreats are a great opportunity to enjoy deep meditation and to experience support for our practice. The day includes brief meditation instructions, sitting and walking meditation, a dharma talk, and, if requested, private interviews with a teacher. Please bring your own lunch. $30 suggested donation per day is appreciated. This day is a fundraiser for Michigan Friends Center and Deep Spring. Call 477-5848; www.deepspring.org.

Teacher-Guided Vipassana Self-Retreat for Experienced Students with Barbara Brodsky of Deep Spring Center • Feb. 23-29 • Throughout the day, meditation will be done alone, on one's own schedule. Each meditator will meet with Barbara privately on a regular schedule. In the evening, there will be an optional period to come together to share practice, ask questions, and sit as a group. For dedicated meditators who have attended weeklong retreats, have a regular, stable practice, and the ability to regulate their own retreat schedule. $460 includes private room lodging and meals. Held in Plymouth. For times, call 477-5848; www.deepspring.org.

Sunday Morning Group Meditation with Deep Spring Center Teachers • Sundays, 10-11 a.m. sitting, followed by 30 minutes of mindful sharing • Sunday morning sitting (insight) meditation. Donations to Deep Spring are gratefully accepted. Call 477-5848; www.deepspring.org.

Guided Meditation from the Yoga and Tantra Tradition with Ema Stefanova • Sundays 6:30-7:30 p.m., Mondays 7:45-8:45 p.m., Wednesdays 7:10-8:10 p.m. • Learn meditation, relaxation, and concentration suitable for your own temperament. Become stress-resistant, expand your consciousness, deepen your practice. For cost, call 665-7801; www.yogaandmeditation.com.

Introduction to Meditation Techniques with Wasentha Young • Jan. 28, 7:15-8:30 p.m. • There are many forms of meditation practices all over the world. Meditation techniques can act as a vehicle offering an opportunity for the individual to see the true nature of their being and the nature of their thoughts. In practicing the art of meditation, individuals have reached states of clarity, calm, quietude, and vision. Students participating in this introductory session will learn the fundamental techniques used in the Buddhist and Taoist styles of meditation, such as sitting, standing, walking, pondering, visualization, focusing, moving, and guided meditation. $20. Call Peaceful Dragon School at 741-0695; www.peacefuldragonschool.com.

Candlelight Meditation and Healing with Lighthouse Center • Sundays, 6-7:15 p.m. • Begin the new week by renewing your spirit with chanting, meditation, prayer, visualization, and a healing circle. Reiki healing available, too. By love offering. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Intensive Meditation with Lighthouse Center • First and third Friday of each month, 7-10 p.m. • Mantra meditation, 20 minutes on each of the seven chakra centers. By love offering. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Learn to Meditate with Nirmala Nancy Hanke of Lighthouse Center • Jan. 25, Feb. 29, Mar. 28, April 25 • Introduction to mantra meditation in the Jain tradition, with meditation and empowerment. $35 or $15 to repeat. For times, call Prachi at 734-449-4381; thielp17@yahoo.com.

Chakra Meditation Class with Nirmala Nancy Hanke of Lighthouse Center • Eight Thursdays: Feb. 28-April 10; gather at 7 p.m. and begin at 7:30-9:30 p.m. • Introduction to the seven chakra energy centers, with empowerment of the mantra for each chakra. Prerequisite: two months mantra meditation. $90 pledging or $105 non-pledging. Call Nirmala at 734-645-2188; nirmalanh@aol.com.

Brow IV Class with Nirmala Nancy Hanke of Lighthouse Center • Four Mondays: Jan. 21-Feb. 11; 7:30-9:30 p.m. • Advanced mantra meditation class using the mantra Pragna, as well as mudras, yantras, and affirmations. Prerequisite: Brow III. $60 pledging or $75 non-pledging. Call Nirmala at 734-645-2188; nirmalanh@aol.com.

Men's Work

Men's Group with Felix Paulick at Growing Together Life Learning Center • Sundays, 4:30-6:30 p.m. • Are you the man, husband or father that you want to be or are you unsatisfied with some aspect of your life, relationship or career? Men in our society have been conditioned to "look out for ourselves" and "go it alone". Through the authentic sharing with other men in this group, we can clear feedback on how we are leading our lives and gain support for where we want to go. $25 per week. Call 662-8335; felix@togrow.org.

Mothering

A Sacred Pact: The Art of Mothering as Spiritual Practice with Jill Blixt • Four Wednesday mornings beginning Mar. 26 • One of the most sacred activities of our lives is nurturing and guiding our children. To be present for them not only requires us to pay attention, but it also asks us to reflect on what it means to be a guardian of another soul. We often get caught up in the "doingness" of mothering to the point of exhaustion. Mothering is not about becoming a martyr to another's needs. It is about cherishing yourself as well as your children. It is about balance. Come recharge yourself. Learn how to bring more nurturing, awareness, and intention to your sacred journey as a mother. $30 per week includes lunch and all materials. Call 665-4577; jillblixt@aol.com.

Mothering Arts Group with Cia Gabriel of Growing Together Life Learning Center • Tuesdays, 9:30-11 a.m. • For moms and babies three weeks to six months old. Group focuses on a positive adjustment to the joys and challenges of being a new mom, guided by the principles of attachment-style parenting. Topics include positive relationships with partners, family, and in-laws; baby signs; sleep issues; infant massage; breastfeeding; and caring for yourself. $60 for eight weeks to support Center for the Childbearing Year. Call 622-8335; cynthia@togrow.org.

Movement & Dance

West African Dance Class with Dori Edwards and Simbo Camara • Thursdays, 5:30-7 p.m. • This class brings the joy and fitness of West African dance to town. Open to beginners and intermediates, with drop-ins welcome. With live drummers! $15-$20 sliding scale per class. Call 475-3158 or 475-1836; dori@likewaterdrumworks.com.

Authentic Movement Eight-Week Groups with Moving Stories • Thursdays, Jan. 24-Mar. 13, 6:30-9 p.m. or Saturdays, Jan. 26-Mar. 15, 9:30 a.m.-Noon • Authentic Movement is a contemplative movement practice in which eyes-closed movers listen deeply to their bodies' inspiration and follow their lead. These on-going sessions will give participants an opportunity to work consistently and deeply with a group of peers. As we practice moving and witnessing one another, we will create a safe, respected place in which to explore. $145-$175 sliding scale. Call Stefanie Cohen at 665-8798; stefanieco@hotmail.com.

Authentic Movement Workshop with Stefanie Cohen of Moving Stories • Jan. 12, 11 a.m.-5 p.m. • In this introductory workshop in the contemplative practice of Authentic Movement, eyes-closed movers listen deeply to their bodies' inspiration and follow their lead. As we practice moving and witnessing one another, we will create a safe, respected place in which to explore. The practice serves as an artistic exploration, a meditation, and an opportunity for personal insight. $55-$80 sliding scale. Call Stefanie Cohen at 665-8798; stefanieco@hotmail.com.

willPower and grace with Julia Collins and Debbie Smith of The Ypsi Studio • Saturdays, 10:15 a.m. • willPower and grace is a high-energy cardiovascular mosaic of dance principles, calisthenic drills, and yogic postures based on functional training philosophy. Leave your shoes at home. This class integrates barefoot training methods to help strengthen your feet and correct imbalances in your ankles, knees, and hips. You will find that, over time, willPower and grace will help you stand taller, walk with greater confidence, and function with the new strength that you have learned to harness. $10 walk-in with multi-class packages available at a discount. Call Julia at 845-0542; juliacollins@sbcglobal.net.

Know that joy is rarer, more difficult, and more beautiful than sadness. Once you make this all-important discovery, you must embrace joy as a moral obligation.

- Andre Gide

willPower and grace with Julia Collins at Mind, Body, and Spirit Academe • Fridays, 9:30-10:45 a.m. • See above description. $10. Call Barb Concannon at 994-5599, ext. 3; barb@mbsacademe.com.

Dancing the Cat with Irena Nagler • Spring date to be determined • Move like a cat! Feline movement exercises are geared to all levels of fitness and experience, with guided improvisation, some use of masks, and meditation, along with freeform dancing, extending the focus to other animals and beings. No experience necessary. All ages and totems welcome! $5-$20. Call 996-1772.

Dances of Universal Peace with Sylvia and John Middlebrooks • First Friday of each month, 7-9 p.m. at Friends Meeting House • All are invited to join this circle of prayer in motion. Sacred songs and chants enveloped in a simple yet profound circle dance form. The words may be in Arabic, Sanskrit or Hebrew, or Aramaic or English, but the message is one of love, harmony, beauty, peace, and unity. The dances help us touch the spiritual essence within ourselves and each other. Music and movements taught for each dance. $5 donation. Call 996-1332; smidd@comcast.net.

Friday Night Swing with Mind, Body, Spirit Academe • Fridays, 8 p.m.-Midnight • Friday night swing dance party includes a free beginner lesson at 8 p.m., then open dancing at 8:45 p.m. featuring two different swing DJs each week. Dance styles include lindy hop, east coast swing, charleston, blues, and balboa. We are very beginner-friendly! $5 or $3 with student id. Call Scott Rice at 972-9141; aactmad.swing@gmail.com.

Kembangen (Spiritual Flower Dance) with Bapak Waleed at BODY-MIND-SPIRIT • Mondays or Wednesdays, 6-7 p.m. • Sessions explore spiritual dance, meditation, movement, and healing through body-conscious motions that develop enhanced states of awareness and consciousness. First session free. For cost, call 945-8602; staff@bmswc.com.

Belly Dance: Making Peace with Your Body with Jeanett Juanita de Muir • Jan. 5 and 26, 6-8 p.m. • Belly dance is a healing experience. Enhance your body image and self-esteem and shake away the pounds and more. $25 per session. For other dates, call 313-875-2127; juanitaswan@yahoo.com.

Music & Sound

Baby and You! with Gari Stein • Wednesdays, Jan. 9-April 9 • Music and movement for infants and the grown-ups who love them. A warm, gentle, nurturing environment to learn methods and activities that help nourish brain development, turn cranky to calm, and enhance the adult-child bond. $150 includes three cds. For times, call 741-1510; garistein@aol.com.

Cafe 704 Coffee House Concert with David Bell through Interfaith Center for Spiritual Growth • Jan. 26, 8-10 p.m.; doors open at 7:30 • Professional singer Rev. Dave Bell will be sharing his talent by singing "oldies but goodies": pop standards with keyboard accompaniment. Admission by donation. Call 327-0720.

Cafe 704 Coffee House Concert with Nutshell through Interfaith Center for Spiritual Growth • Feb. 23, 8-10 p.m.; doors open at 7:30 • Nutshell plays music rooted in traditional Irish music, pulling in morsels from many other influences to create their own delicious stew. Blending flute, whistle, bodhran, guitar, percussion, and sitar, the group achieves a refreshing variety of styles and textures. Admission by donation. Call 327-0720.

Cafe 704 Coffee House Concert with Jesse Richards through Interfaith Center for Spiritual Growth • Mar. 29, 8-10 p.m.; doors open at 7:30 • Singer, composer, dancer, and performance artist Jesse Richards moves freely between avant rock, folk ballads, theatrical pop, and sonic explorations accompanied by sounds of nature. Admission by donation. Call Al Carter at 248-515-4644.

S'Moves Performing Company of Creative Spirit Center • Mar. 8, 7:30-8:15 • S'Moves Performing Company presents dance, story, and song by three performers, all over the age of 50. Roberta Otten-Mason, Rosemary Edgar, and John MacDonald collaborate in a one-hour concert based on choreography, improvisations, and song. The material is suitable for all ages, and includes themes ranging from light-hearted jazz to everyday happenings in relationships. $10. Call Elizabeth Walsh at 989-837-1885.

The Practice of Christian Meditation: Music and Mysticism with Jim Macy of Visitation North • Mar. 15, 9:30 a.m.-3:30 p.m. • Soprano and composer Margaret Rizzo has created musical settings for the poems of John of the Cross and other mystics. We will hear her music and share our responses. $30 with lunch on your own. Call 248-433-0950; visitationnorth@ihmsisters.org.

Performances through the University Musical Society • For more information, contact UMS Ticket Office at 764-2538; umstix@umich.edu. For complete listings, visit www.ums.org.

Jan. 20 • Yuja Wang, Piano
Jan. 27 • Moiseyev Dance Company
Feb. 1 • Assad Brothers' Brazilian Guitar Summit
Feb. 8 • Chicago Classical Oriental Ensemble
Feb. 10 • Wu Man, Pipa and the Chinese Shawm Band
Feb. 16 • Ahmad Jamal
Mar. 12 • Leila Haddad: Gypsy Dances from Rajasthan to the Nile
Mar. 28-29 • Urban Bush Women and Compagnie Jant-Bi
April 12 • Lila Downs
April 18 • Mehr and Sher Ali: Qawwali Music of Pakistan
April 19 • Bobby McFerrin, Chick Corea, and Jack DeJohnette

Native American

Sweat Lodge with Janet Nagy • Last Saturday of every month, 5 p.m. • Orientation and introduction to ceremony. Experience connection with the Earth mother during the ceremony. Bring a dish to pass. $20 land donation. For times, call Mulberry Farms at 734-783-3830; mulberryfarms@comcast.net.

Sweat Lodge Ceremony with Debbie Mast of Flowering Tree Lodge • Jan. 10, Feb. 21, Mar. 20; 7-10 p.m. • The sweat lodge ceremony reconnects us to Spirit as we purify physically and spiritually. On the March 20th date, we will celebrate the rebirth and renewal of Spring. Free. Call Joann at 586-749-7781; ftreelodge@aol.com.

Red Lodge: Open House and Sweat Lodge Ceremony with Debbie Mast of Flowering Tree Lodge • April 17; 7-10 p.m. • An introduction to Red Lodge, a year-long program in shamanic teachings and ceremonies that connect you to the natural world and unify your emotions, body, mind, spirit, and sexuality. A one-hour description of the program is followed by an optional sweat lodge ceremony in Royal Oak. Free. Call Debbie at 248-414-5376; ftreelodge@aol.com.

Nutrition & Food Medicine

Overcoming Weight Loss Resistance with Judy Stone • Jan. 12, 10:30-11:30 a.m. at Whole Foods • For many people, all the "right" efforts provide minimal or no results when trying to lose weight. Want to understand why you haven't been successful, and what you can do to lose the weight? This is a stand-alone class but will also introduce a four-week coaching program to begin in February. Free. To pre-register, call 975-4500.

Simple Raw Foods for Optimum Health with Michael Dwyer • Jan. 23 or April 9, 7-8:30 p.m. • Eating raw food can assist in oxygenating your body, help it to heal itself, and return everything to normal. Could you imagine that you are in the best shape of your life and free of any excess weight? Come sample a number of raw food dishes and see how easy and delicious raw food living can be. Watch as the instructor prepares a raw pesto pasta dish with no cooked ingredients. $30. Call Pat Krajovic at 734-416-5200; info@bodyworkshealingcenter.com.

Pagan Spirituality

Witches' Night Out at Crazy Wisdom • Mar. 18; 7 p.m. • Come join us for tea and networking on Witches' Night Out. These evenings will be held in the Crazy Wisdom Tea Room on or around pagan holidays whenever possible. It is a chance to meet others of like mind, drink Witch Brew tea, and have a great time. No cover. $3.25 for pot of tea with free refills. Call Carol or Samantha at 665-2757; samantha@crazywisdom.net.

Parenting

Our Children, Ourselves: Calming Down in an Age of Anxiety with Eileen Bond • Jan. 23 • This session will offer a tool box of techniques to help ourselves and our children quiet the tides of negativity and create more positive, healthy emotions. The route to helping children relate must begin with their parents. Free. For times, call 764-9466.

Parenting Your Spirited Child: A Cornucopia of Tips, Skills, and Support with Cia Gabriel at Growing Together Life Learning Center • Mar. 15, 9:30 a.m.-2:30 • Parenting creative, spirited, intense children requires us to bring everything we have... and then some. Other parents and our children's teachers often do not understand what we are dealing with on a day-to-day level. This workshop is a chance to turn your parenting experience away from weariness, loneliness, and self-doubt toward self-confidence, nurturance, and enjoyment. $100 per family, with babysitting extra. Call 662-8335; cynthia@togrow.org.

The Crazy Wisdom Calendar

Peace

24-Hour Peace Meditation Circle through Interfaith Center for Spiritual Growth • Jan. 26 at 6 p.m. through Jan. 27 at 6 p.m. • Join in silent prayer or focused meditation toward peace, understanding, cooperation, and joy for your family, the world, and for yourself. Sign up for a time slot or just drop in anytime during the 24-hour period to keep a continuous intention of inner peace and outer peace going. Refreshments provided. Free with donations accepted. Call Craig Harvey at 971-8576; worldhealing@yahoogroups.com.

"Peace Generator" Silent Meditation/Prayer Circle through Interfaith Center for Spiritual Growth • Feb. 15, Mar. 21, April 18; 7-9 p.m. • All are invited to join this monthly silent meditation/prayer circle for world peace, inner and outer healing, love, and harmony. Participants can envision a happier, more peaceful world; meditate on a worldwide healing vision; dream up nonviolent solutions to violence; do Reiki or other energy healing work; hold our planet in the light or any variation of these. Free with donations accepted. Call Craig Harvey at 971-8576; worldhealing@yahoogroups.com.

Personal Growth

Success Team Workshop with Janet Ogle-Mater • Mondays, Jan. 21-Mar. 10; 5:30-7:30 p.m. at Crazy Wisdom Community Room • In this workshop, you will identify and take action toward personal and professional goals, while getting the support and encouragement you need from others. Success Team provides the invaluable component of support, accountability, and networking to help you achieve your goals. $249 for eight weeks. Call 355-3868; janetst@mjmsys.com.

Sticking to Your Resolutions Workshop with Self Realization Meditation Healing Centre • Jan. 12, with option to stay overnight • Workshop includes topical class, natural spiritual healing, lunch, and dinner. Getaway option adds an overnight stay, breakfast, lunch, and transformational Hatha yoga the next day. $115 or $189 with overnight option. Call 517-641-6201; srmhcmichigan@cs.com.

Diving for Pearls: Crafting a Life of Your Dreams with Jill Blixt and Joyce Koehn • Nine Wednesdays beginning Jan. 23, 9:30 a.m.-12:30 p.m. • You keep hearing "all you have to do is keep a positive focus on your dreams and they'll come true." Sounds great, right? But what if you don't know what you really want? What if you haven't identified your dreams? This workshop is for anyone stuggling to name their heart's desire. It's for anyone looking for clarity about the next steps on their life path. $30 per week includes materials and brunch ($270 total cost). Call 665-4577; jillblixt@aol.com.

A Taste of Life Coaching with Brady Mikusko • Jan. 8, Feb. 12, Mar. 11, April 8; 7-8 p.m. • This is a series of playful, focused mini-workshops designed to give each participant a taste of life coaching. January: New ways to approach New Years' resolutions. Most of us create our lists with enthusiasm and resolve, but find that 1-2 months later, little has changed. Don't give up on resolutions; learn to do them differently. February: Finding joy. This workshop will have participants explore their relationship to joy. March: Work/Life balance. Participants will engage in an exercise to discover more about how their lives are in or out of balance. April: Living more deliberately. This workshop will help you begin to explore what is serving you now and what is not. $15 per class. Call 747-8240; bradymikusko@ameritech.net.

> It is life near the bone where it is sweetest.
>
> - Henry David Thoreau

Creating Internal Emotional Resources with Cam Vozar • Jan. 30, 7:30-9 p.m. • An opportunity to create internal emotional resources to cope with stress and increase well being. Learn to connect to nurturing, protective, and spiritual internal resources. $10. Call 747-9073; cam.vozar@gmail.com.

Embracing Wholeness with Dana Gramprie • Six Tuesdays beginning in February, 12:30-2:30 p.m. • Living a satisfying and harmonious life begins with noticing, owning, and accepting all of you. Learn to notice with lovingkindness and humor all of your thoughts and feelings, and how to choose to act instead of react. Learn to listen to your body and lovingly and patiently breathe and be with all your feelings. $250 for six classes. For starting date, call 476-7411; danagramprie@mac.com.

Introduction to Neurofeedback with Michael Andes • Jan. 22, 7:30-9:30 p.m. • There will be a brief demonstration of the neurofeedback process. This process is being used to successfully eliminate "tough" symptoms such as depression, anxiety, ADHD, obsessive compulsive disorder, bi-polar disorder, and many others. Free. Call 662-5215; mandes@comcast.net.

Learn the Emotional Freedom Technique as a Powerful Tool to Release Blockages and Create More Joy in Your Life with Melanie Fuscaldo • Part 1: Feb. 1, Noon-1:30 p.m.; Part 2: Feb. 8, Noon-1:30 p.m. • Learn a powerful tool you can use any time to release blockages to health, career, abundance, relationships, retirement, and more. It has unlimited potential to release what is not life enhancing (fears, emotions, trauma, depression, negative thinking, disease...) and increase whatever you choose to add joy to your life. As you experience reduced internal conflict, you can reduce your suffering and increase your peace. $30 per session. Call 668-2733; mfuscaldo@gmail.com.

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Part 1: Jan. 8, Noon-1:30 p.m.; Part 2: Jan. 15, Noon-1:30 p.m. • If you or a loved one anticipates or is experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body, and mind to the spiritual purpose in this transition. $30 per session. Call 668-2733; mfuscaldo@gmail.com.

Creating Co-Powerment Workshop I: Empowering Self and Co-Powering Others with Lani Kwon Meilgaard • Jan. 18, 6-9 p.m.; Feb. 23, 1-4 p.m.; Mar. 23, 1-4 p.m.; or April 13, 1-4 p.m. at Crazy Wisdom Community Room • Going through transitions such as graduation, career change, divorce, moving, recovery, retirement, etc.? Transform your life! This workshop includes a priories exploration, inspiring workshop activities, and empowerment coaching in a small group setting to help you make your goals reality! Five people maximum. $50-$75 sliding scale. Call 973-1283; heavenlybalance@yahoo.com.

Life Transformative Solutions: Increasing Your Energy, Wealth, and Joy Many Folds with Ramesh Narula • Sundays, 8:45 a.m.-5 p.m. • You will create a custom-designed, unique action plan that capitalizes on your own unique strengths, abilities, and preferences. $100. Call 424-9139; rameshnarula1@yahoo.com.

My Body Myself: Body Image Workshop for Women with Amy Pershing and Robin Okun • Jan. 26, 1-4 p.m. • Using visualization, gentle movement, writing, and discussion, this workshop will help heal and strengthen your relationship with your body. In a safe, supportive environment, participants will begin to challenge the negative messages they send their bodies, and move toward a more mindful place, discovering their body's wisdom and unique beauty. $125 with sliding scale available. Call 668-8585; www.center4ed.org.

Beating the Blues with Maya Datta • Eight Thursdays beginning Jan. 10 or Mar. 13, 9:30-10:30 a.m. • This program delivers a powerful yet easy to master cognitive method for shifting away from anxiety, depression, and stress toward more wholesome mind states. Discover cornerstone techniques to expand your access to energy and joy and to effectively unlearn stressful behavioral patterns, thereby releasing the emotional energy that fuels depression and chronic anxiety. Limited to 15. First session free and open to all. $120 per session. Call 649-8006; www.radiantnow.org.

New Year's Evolution: Creating a Year without Fear with Kellie Carbone • Jan. 5, 11 a.m.-4 p.m. at Crazy Wisdom Community Room • This year can be different! You can break free from the fear that keeps you from creating the life of your dreams. Come and learn ways to silence your inner critic and uncover self-imposed barriers to achieving your heart and soul's desires. $75. Call 302-3530; kellie@kelliecarbone.com.

Boundaries Workshops: Part One and Two with Karlta Zarley • April 26, Part One: 9 a.m.-1 p.m and Part Two: 2-6 p.m. • Do you feel your life is out of control? Do others take advantage of you? Boundary issues are a part of every aspect of our lives. Part One discusses different types of boundaries, how to identify them, and putting and keeping them in place with emphasis on participants' real life situations. Part Two is about energetic boundaries, protection, individual needs, and practicing good "boundary hygiene". Bring a lunch or you may go out. $75 each part. Call 433-9333.

Seals of Solomon Activation: Part One with Karlta Zarley • Feb. 23, 9 a.m.-1 p.m. • The 26 Seals of Solomon contain the wisdom that each of us gained in previous lifetimes in various ancient cultures and is stored within each of us. This activation begins the Unichakra process, clearing the DNA of trauma and opens the first five seals, covering the Egyptian, Mayan, Mu, Atlantian, and Druid lifetimes. $225 includes refreshments. Call 433-9333.

The Valued Self: A Pre-Requisite for Success with Bronwen Gates • Nine-week class meets three Wednesdays per month: Jan. 16, 23, 30, Feb. 13, 20, 27, Mar. 12, 19, 26; 6-9 p.m. • An authentic valuing of self is essential to our success and well-being. Come learn the seven components of the valued self: self awareness, self worth, self esteem, self love, self confidence, self respect, and self realization. Learn the seven step process you can use to develop your mastery of these components of self and transform your life. Each week, you will delve deeply into the nature of each of these components and learn how to evaluate your own level of mastery. $270in advance or $35 per week at class. Call 975-8754; bronwild@aol.com.

Prayer

Praying with Body, Mind, and Spirit: Finding Our Joy with Janene Ternes • April 5, 9:30 a.m.-3:30 p.m. • Joy is that grace that comes when we are following God's will. Yet so often, we are so immersed in the struggles of daily life that we fail to notice God's call or the many gifts we receive. Step away for a day to listen to your heart and reconnect with God's presence in your life. Use scripture, guided meditation, music, and body movement to engage your whole being in prayer. $40 includes lunch. Call 429-7754; prayerinmotionjt@aol.com.

Contemplative Prayer with Visitation Staff • Every Monday, Noon-12:30 • All are welcome for a half-hour of centering prayer in which participants pray together in silence, striving to simply open themselves to God without words or images. Free. Call 734-242-5520; visitation@ihmsisters.org.

Professional Enrichment

Preventing Burnout with Holistic Energy Care with Self Realization Meditation Healing Centre • April 26-27, 9:45 a.m.-5 p.m. • This is a course for health care professionals, complementary practitioners, carers, teachers, voluntary workers, and all people-workers who wish to deepen their understanding and care for their own energy, thus enhancing both their work with others and their own personal lives. $225 includes lunches and refreshments or $272 includes overnight lodging and meals. Call 517-641-6201; srmhcmichigan@cs.com.

Bellanina Spa Services: Two-Day Hands-On Seminar with Nina Howard • Jan. 19-20, 9 a.m.-5 p.m. • Turn your treatment room into a spa with Bellanina Spa Services. For massage therapists and healing arts professionals who want to offer more to their clients and add more to their bottom line. 16 NCBTMB CEUs. $395 includes all products and class materials. Call 800-235-2844 or 747-7661; operations@bellanina.com.

It is easier to fight for one's principles than to live up to them.
- Alfred Adler

Bellanina's Facelift Massage Teachers Training with Nina Howard • April 23-27, 9 a.m.-5 p.m. • For graduates of Belavi/Bellanina Facelift Massage seminars. An opportunity to expand your career by becoming a Certified Facelift Massage Teacher. $3,000. Call 800-235-2844 or 747-7661; operations@bellanina.com.

Raindrop Therapy at the Ann Arbor Institute of Massage Therapy with Cynthia Haas • Mar. 23, 9-5 p.m. • This workshop combines the art of aromatherapy with massage in the application of essential oils to various areas of the body. This therapy provides a revolutionary means of bringing balance and harmony to the body: physically, mentally, and emotionally. The oils for a raindrop therapy session are included. $100. 4 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Reiki

Reiki with Clarence Sheufelt Upstairs at Crazy Wisdom Bookstore • Second and fourth Sundays, 2-5 p.m. • Reiki treatments/sessions will be offered. Reiki is a relaxation technique that allows the human system to take a pause and regain its strength. $1 per minute. Call 517-536-4948; clare-jean@peoplepc.com.

New Earth Reiki with Lisa Gutowski • Mar. 9, 1-4 p.m. • Assists others to achieve their next greatest level of being by raising the body's vibration through elevating and clearing all levels. Activates all DNA strands for oneness with quantum level knowledge and strengthens the hara line for massive energy flow. A one of a kind class that is simple and effective. $75. Call Pat Krajovic at 734-416-5200; info@bodyworkshealingcenter.com.

Reiki I with Jenni Flowers • Jan. 26, 4-8 p.m. and Jan. 27, 1-5 p.m. • Learn how to access Universal Life Force energy to healing others or yourself. Reiki works on all levels by integrating and balancing the physical, mental, emotional, and spiritual aspects of your being. In this two-day class, you will receive an attunement to align with the Reiki energies, learn the history of Reiki, and basic hand positions, and practice on yourself and your classmates. $119. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki II with Jenni Flowers • Feb. 23, 4-8 p.m. and Feb. 24, 1-5 p.m. • Continue your training in how to access Universal Life Force energy. Heal yourself and others. In this class, you will receive an attunement in the hands to greatly increase the energetic flow and learn absentee healing as well. $119. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki Share with Jenni Flowers • Jan. 23, Feb. 20, Mar. 19, April 16; 6:30-8:30 p.m. • This is a unique offering where those who have taken Reiki can come practice their skills by working on others and get work done on themselves. It is also a chance to ask questions to enhance your skills. By love donation. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki Circle with Ann Zalek • Jan. 21, Feb. 18, Mar. 17, April 14; 4:30-6 p.m. • This circle is designed to provide support to the Reiki community, offering networking, practice sessions, and sharing for those attuned in Usui Reiki by an Usui Reiki Master/Teacher. Space is limited. $5 donation or a snack to share. Call TheraCare Therapeutic Massage and Healing Arts Center at 332-3800; www.theracaremassagetherapy.com.

Reiki Level I Workshop for Family/Professional Caregivers, Health Care Professionals, and Healing Arts Practitioners with Ann Zalek • Feb. 18 or April 14, 10-4 p.m. • As an individual who provides direct care to others, keeping rejuvenated and grounded each day is challenging. In this one-day workshop, attendees learn Reiki Level I self-healing techniques, Reiki methods to help others, and tips for application in the care provider setting. Attendees receive the Reiki Level I attunement, technique guidebook, and certificate. Class size is limited. $100 includes two snacks and potluck light vegetarian lunch. Call TheraCare Therapeutic Massage and Healing Arts Center at 332-3800; www.theracaremassagetherapy.com.

Reiki Level II Workshop for Family/Professional Caregivers, Health Care Professionals, and Healing Arts Practitioners with Ann Zalek • Jan. 21 or Mar. 17, 10-4 p.m. • This level II workshop is designed for individuals who provide direct care to others. Reiki I training by a Reiki Master (Usui) is a prerequisite. Attendees learn the symbols for Reiki Level II, techniques for distance work, and receive the energy intensifying level II attunement. Tips for application in the care provider setting are also discussed. Attendees receive the Reiki Level II attunement, technique guidebook, and certificate. Class size is limited. $150 includes two snacks, potluck light vegetarian lunch, and supplemental manual. Call TheraCare Therapeutic Massage and Healing Arts Center at 332-3800; www.theracaremassagetherapy.com.

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • April 30, 7-9 p.m. • Suzy speaks on the Usui system of Reiki healing. In this gentle, hands-on healing art, Universal Life Energy is transmitted through the hands of the practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini-treatments offered. Call 665-8665; suzyreiki@aol.com.

First Degree Reiki Class with Suzy Wienckowski • Jan. 18-20 or Mar. 14-16; Friday 7-9:30 p.m., Saturday 9:30 a.m.- 4 p.m., Sunday 9:30 a.m.- 12:30 p.m. • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. The First Degree class includes the history of Reiki, hands-on form for treating yourself and others, and four individual initiations. Certificate awarded. $150. Call 665-8665; suzyreiki@aol.com.

Second Degree Reiki Class with Suzy Wienckowski • Feb. 1-2; Friday 7-9 p.m., Saturday 9:30 a.m.-4 p.m. • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Call 665-8665; suzyreiki@aol.com.

Reiki I Certification with Eve Wilson • Jan. 21, 7-10:30 p.m. • Be certified to practice Reiki. Laying on of hands as a Reiki I practitioner brings deep relaxation, pain relief, and healing of body, emotions, mind, and spirit. NCBTMB accredited. $100. Call 248-545-3928; evew@spiritualhealers.com.

Reiki II Certification with Eve Wilson • Feb. 11, 7-10:30 p.m. • Become a certified Reiki II practitioner. Learn distance healing, make bruises and burns disappear, start your car battery, and do Reiki treatments in just minutes. NCBTMB accredited. $120. Call 248-545-3928; evew@spiritualhealers.com.

Reiki III Master Teacher Certification with Eve Wilson • Mar. 3 and 10, 7-10 p.m. • Become a certified Reiki Master Teacher. Prerequisite: certified Reiki I and II and competent at both. NCBTMB accredited. $450. Call 248-545-3928; evew@spiritualhealers.com.

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Feb. 15-16: Friday 7-9 p.m., Saturday 10 a.m.-6 p.m. or April 5-6: Saturday 7-9 p.m., Sunday 10 a.m.-6 p.m. • Reiki is a powerful, natural, non-invasive, easy to learn healing technique that can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal, and spiritual. In the level one workshop, the student receives ALL the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self-healing techniques. Class sizes are limited to allow for individual attention. $125 with early payment discount offered; includes manual and certificate. Call 663-9724; intuitivehealth@aol.com.

Second Level Reiki Workshop with Ray O. Golden of Center for Intuitive Health • Mar. 15-16: Saturday 6-10 p.m., Sunday 10 a.m.-6 p.m. • In this workshop, traditional advanced attunements deepen the process. The student learns more powerful healing techniques and distance healing techniques. $230 with early payment discount offered; includes manual and certificate. Call 663-9724; intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • Jan. 3, Feb. 14, Mar. 13, April 3; 7-9:30 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724; intuitivehealth@aol.com.

Retreats

Yoga and Meditation Residential Retreat in Ganges, MI with Ema Stefanova • January 2008, Bi-monthly, Friday afternoon to Sunday afternoon • Holistic Satyananda yoga and meditation, karma yoga, and chanting for beginner through advanced students will be practiced at Vivekananda Yoga Monastery and Retreat. 30 CEUs for Regiestered Yoga Teachers. $300 to be paid two weeks prior. For times, call 665-7801; www.yogaandmeditation.com.

Spring Break Getaway: A Flexible Time for You with Self Realization Meditation Healing Centre • Feb. 23-Mar. 3 • Arranged to fit your schedule. You set the focus, we help you make the most of your time. Add any workshop: natural spiritual healing, progressive counseling, meditation foundation, transformation Hatha yoga, life skills and relaxation, getting grounded or cooking with love. Starts at $56.50 per day for lodging and meals. Call 517-641-6201; srmhcmichigan@cs.com.

Easter Celebration Silent Retreat with Self Realization Meditation Healing Centre • Mar. 21-23 • A truly spiritual way to celebrate the inner beauty of Easter. Following a meal served on arrival, giving time for all participants to get to know each other, this retreat is held in silence, with time to meditate, contemplate, relax, and get in touch with the inner self. $140 for lodging and all meals. Call 517-641-6201; srmhcmichigan@cs.com.

Mayan World Past and Present: Yoga Retreat and Cultural Immersion with Christy DeBurton and Tia Stephanie Tours • April 12-19 • Travel deep into the Yucatan Peninsula to rarely visited Mayan pyramids and present-day Mayan communities, worlds away from the commercialization of Cancun and the Riviera Maya. Stay and practice yoga daily at a retreat center along the shores of the Lake of Seven Colors, Mexico's second largest lake. Rates start at $675. Call Christy at 761-8409; info@christydeburton.com.

The Crazy Wisdom Calendar

Salons

Crazy Wisdom Bookstore Salon Winter 2008: Green Living • 7:30 p.m. at Crazy Wisdom Tea Room • Thursdays • Feb. 21, March 20, April 17 • Hosted and facilitated by Lucinda Kurtz • Please join us for the fifth season of the Crazy Wisdom Bookstore Salon as we explore issues related to Green Living. We will focus on a different theme - food, housing and transportation - each month. Guest speakers will lead off the discussion. More information will be posted on our web site, and on store flyers, in early January. All are welcome. No cost. For more information, call 665-2757; info@crazywisdom.net.

Shamanism

Munay-Ki: Nine Rites of Initiation with Lorna Brown and Ann Bradley through Gateways Center for Life Enrichment • Jan. 24, Feb. 7, 14, 21, and 28; 7-9:30 p.m. • The Munay-Ki are the nine great rites of initiation of the medicine way, originally transmitted through the Inca shamen of Peru. They are the nine gates that heal us and transform our human energy field into that of who we are becoming: homo luminous. $40 per session. Call Lorna at 428-8748; starlab6@aol.com.

Shamanism: Introduction to the Shamanic Journey with Kate Durda of Spirit Weavers • Jan. 12 or Mar. 9, 11 a.m.-5 p.m. in Grand Ledge • Experiential training in the Shamanic Journey, and introduction to Shamanism healing methods and practice. One of the most remarkable methods to enter into the world of the spirit or 'non-ordinary' reality to access personal truths, healing, and peace, and to enhance creativity and oneness with the world. $60 or $50 prepaid. $15 repeat. Call 517-543-6754; spiritweaver@voyager.net.

Shamanism Apprenticeship Program: Journey of the Open Heart with Kate Durda of Spirit Weavers • First session Feb. 2, 11 a.m.-5 p.m. in Grand Ledge; Other meeting dates March-June, one Saturday per month • Prerequisite: Knowledge and experience with shamanic journey. This program is intensive training and experience in shamanism, journeying, and healing work for those serious about shamanic practice. No short cuts. For how to apply, cost, and other details, call 517-543-6754; www.spiritweavers.net.

Shamanic Shapeshifting Ceremonial Retreat with "Next to Heaven" • Mar. 7, 7 p.m. to Mar. 9, Noon • "Walks with Deer" takes us on a full 24 hours of ritual cleansing and healing that includes shamanic drumming, sweat lodge, and much more. Stay on the grounds at "Next to Heaven" near Ottawa Lake. $300 includes lodging and meals. Call Steve at 419-944-1752; stevenddrm@aol.com.

Singing

Sing with Me! with Gari Stein • Tuesdays, Wednesdays or Thursdays, Jan. 8-April 10; 9:15 or 10:45 a.m. • Musical enrichment for children birth to 5 and the grown-ups who love them. Together, we will sing, chant, bounce, folk dance, play instruments, share hugs, and more. A research based program that enhances development, learning, listening, and literacy. $176-$190 includes four cds, with discounts for second sibling. Call 741-1510; garistein@aol.com.

New Moon Sing with Tammy Corwin-Renner • Jan. 8, Feb. 6, Mar. 7, April 6; 6:30-7:30 p.m. • A sing for girls 8 to 18 years and their mothers, aunts, grandmothers, and female friends. We sing songs and rounds to nourish our relationships with one another, the earth, and ourselves. New Moon events are by donation. Location varies. Call 786-3991; dcorwin-renner@comcast.net.

Threshold Choir with Tammy Corwin-Renner • The Threshold Choir hosts a welcome sing each month for new singers. Tuesdays, 12:30-2:30 p.m. and Thursday evenings, time to be determined. • The Threshold Choir honors the ancient tradition of women singing at the bedsides of people who are struggling, some with living, some with dying. Our audition process is the shiver down your back when you first hear of our work. Our repertoire includes rounds, chants, lullabies, hymns, spirituals, and classical choral music. All events are by donation. Location varies. Call 786-3991; dcorwin-renner@comcast.net.

Spiritual Development

Soul Stories with Gloria Marshall through Gateways • Jan. 15, Feb. 26; 7-9 p.m. • Gloria with do a "soul reading" for each participant in the form of a story that comes forward for you to explore. This is a story that is written on the walls of your heart, told so that you can read it. It will connect you with some aspect of your self that your soul wants you to be aware of at this point in time. Each date will explore the specific intention noted, that your soul wants you to address in relation to that story. $10. Call 332-4666; gatewayscenter@hotmail.com.

Positive Psychology and Spiritual Growth with Jacki Dilley • Free informational talk on Jan. 23, 7:30 p.m. with four-week course beginning the following week, date and time to be determined • Positive psychology teaches principles and strategies to find deeper joy and give greater service. Learn with us to enhance your current spiritual practice or to start one. Four-week course is $120. Call 355-8325; bopmi@hotmail.com.

Money Issues and Spiritual Growth?!! with Jacki Dilley • Free informational talk on Jan. 16, 7:30 p.m. with four-week course beginning the following week, date and time to be determined • Money problems - debt, discomfort with affluence, inability to earn enough - are pathways to self-discovery and spiritual growth. Four-week course introduces tools for walking the path and even enjoying it. Four-week course is $100. Call 355-8325; bopmi@hotmail.com.

Oneness: Living Your True Purpose with TLC/Toledo Lightworkers Co-op • Feb. 6, 7-9 p.m. • Tom Barnes explains how you can live your life with your true spiritual purpose in mind. By love offering. Call Steve at 734-888-2600; toledoTLC@aol.com.

A Course in Miracles Study Group through Interfaith Center for Spiritual Growth • Mondays, Jan.-April; 6:45-8 p.m. • All invited to join a group reading and discussion of the seminal metaphysical book, *A Course in Miracles*. Includes study materials and text. Admission by donation. Call Dave Bell at 327-0270; dave@interfaithspirit.org.

Spiritual Inquiry Group through Interfaith Center for Spiritual Growth • Tuesdays, 10 a.m.-Noon • This drop-in group is for those who are interested in experiencing greater spiritual growth and higher levels of consciousness. The format is to begin with a short presentation designed to inspire, open, and uplift consciousness, then questions and answers and discussion. Admission by donation. Call David Winfree at 353-0906.

No More Judgment Workshop with Heather Harder through Interfaith Center for Spiritual Growth • Jan. 12, 10 a.m.-2 p.m. • This fun and engaging workshop will rip the mask off judgment and help you learn to choose healthier alternatives to judgment of others and self. Heather will also be available for private consultations after the workshop, by appointment. $47 in advance or $57 at the door. Call 219-662-7248; heather@heatherharder.com.

Coming Home to Myself: Twelve Energies of the Heart with Jill Blixt • Four Sundays: Jan. 20, Feb. 17, Mar. 16, and April 13; 12:30-4:30 p.m. • We long to know our complexity and who we really are. Come make a map for the journey home to yourself - chart the energies of your heart including caring about self, fun, letting go free, and higher wisdom. In each session, we will explore the meaning of three of the twelve energies through experiential learning and creative play. $55 each session or $180 for all four includes materials and lunch. Call 665-4577; jillblixt@aol.com.

Coming Home to True Self: A One-Day Retreat of Healing and Empowerment with Kate Durda through Creative Spirit Center • Mar. 2, Noon-5 p.m. in Midland • This experiential workshop is focused on coming home to our true self - living in synchrony with our soul's purpose. If we know who we are, we can live fully, knowing how to stay in balance, full of energy, with joy and passion for living. Experience established mind-body-spirit teachings from quantum physics, cross-cultural spiritual practices, and ancient traditional healing methods you can practice and take home with you. $60 or $55 for members. Call 989-837-1885; www.creativespiritcenter.org.

Celebrating the Eucharist: Remembering the Death of Christ with Don Goergen through Weber Center • Mar. 18 and 19, 10 a.m.-4 p.m. • On the first of these two holy days, we will reflect upon the words of institution within the Eucharistic Prayer, on the body of Christ, and on the cup of blessing, especially in relationship to the upcoming Holy Thursday celebration of the Lord's Supper. On the second day, we will reflect on the passion narrative that the Eucharist commemorates, especially in relationship to the upcoming celebration of the Lord's passion of Good Friday. $25 for one day or $45 for both, includes lunch. Overnight accommodations available at $35 per night. Call 517-266-4000; webercenter@adriandominicans.org.

Birthing Hope with Barbara Reid through Weber Center • April 16, 10 a.m.-4 p.m. • Join us as we focus on an exploration of the mission birthed by Jesus and carried forward by women such as Mary Magdalene, the mother of Jesus, Prisca, Lydia, Phoebe, and courageous women around the world in our own day. $45 includes lunch. Call 517-266-4000; webercenter@adriandominicans.org.

Come Back to Me: A Lenten Journey with Jesus with Janene Ternes through Weber Center • Feb. 16, 10 a.m.-4 p.m. • Everyday, but especially during Lent, we are invited to return to God with all our heart. Accept the invitation to journey with Christ ever closer to the Father, using scripture of the season, guided meditation, music, movement, and journaling. Reflect on your own life experiences as you accompany Jesus from His temptation in the desert to His Resurrection. $45 includes lunch. Call 517-266-4000; webercenter@adriandominicans.org.

Expanding Spiritual Awareness Series with Self Realization Meditation Healing Centre • Jan. 30-31, 7:30-8:30 p.m. and Feb. 2, 10 a.m.-12:30 p.m. and Feb. 6-7, 7:30-8:30 p.m. • International teacher and direct disciple of Mata Yogananda Mahasaya Dharma, Daniel Francis, teaches this series, which will cover spiritual parenting and partnerships and other spiritual living topics. We welcome you to stay for meditation afterwards. $60 includes all five dates of the series. Call 517-641-6201; srmhcmichigan@cs.com.

Mornings of Reflection with Visitation North • 9:30 a.m.-12:30 p.m. • $20 each. Call 248-433-0950; visitationnorth@ihmsisters.org.
Feb. 9 • The Works of Ron Rohlheiser with Donna Hart • Short video clips of Fr. Ron Rohlheiser, who speaks with wit and clarity, will stimulate our conversation regarding a spirituality for the second half of life.
Feb. 16 • The Work of Henri Nouwen with Monica Stuhlreyer • Even ten years after his death, Henri Nouwen continues to nourish the faith of spiritual seekers. Clips from his videos will stimulate our conversation.

Mar. 1 • The Work of Elizabeth Johnson on Mary with Donna Hart • New views of Mary presented in the work of Elizabeth Johnson will be explored in order to connect Mary's everyday life with our own experiences.
Mar. 8 • The Life of Thomas Merton with Monica Stuhlreyer • This morning will open up for us a Merton that we can truly identify with as he met many struggles and yet followed his deep desires for God.

The Sacred Heart of the World: Restoring Mystical Devotion to Spiritual Life with Mary Ann Flanagan of Visitation North • Feb. 23, 9:30 a.m.-3:30 p.m. • A day of retreat in which contemporary language can be seen as powerfully renewing some of the "devotions" of the past. $30 with lunch on your own. Call 248-433-0950; visitationnorth@ihmsisters.org.

Eucharistic Celebrations with Visitation Staff • Every first and third Wednesday at 7 p.m. beginning Feb. 6 • Come and share in this mid-week celebration of Eucharist. Presiders include Tom Lumpkin, Charles Morris, and Jim Scheick. No charge. Call 734-242-5520; visitation@ihmsisters.org.

Spiritual Evolution of the Earth

Lighten Up! Creative Fun Days offered by Betsy Adams and Friends • During these months and times of "darkness", turning to the creative expressions of ourselves helps keep us involved in the world, while connecting us to the higher frequencies where play is a way of life, of being! The following class listings are part of the Lighten Up! series.
What's the Big Deal? An Invitation to Play, Learn, and Grow with Timeless Divination Tools with Bett Weston and Peggy Lubahn • Jan. 19, 1-4 p.m. at Crazy Wisdom Community Room • From angels to Zen wisdom, you can find a divination deck to suit any need or interest. Oracle and tarot cards can offer guidance, inspiration, empowerment, healing, wisdom, and personal and spiritual growth. This class will explore and compare the styles and uses of oracle and tarot decks with a focus on nature/planet Earth and play. $55. Call Bett at 657-4084 or Peggy at 483-9847; catiamagic@yahoo.com or plubahn@aol.com.
Soul Portrait Sessions: A Fun Way to Explore Who You Are with Marianne Cenko • Jan. 26, 11 a.m.-4 p.m. at her studio; Feb. 24, 11 a.m.-4 p.m. at Crazy Wisdom Community Room; Mar. 22, 11 a.m.-4 p.m. at her studio; April 26, 11 a.m.-4 p.m. at Crazy Wisdom Community Room • At 11 a.m., Marianne will discuss what a soul portrait is and then follow with scheduled soul portrait readings. These may be done for yourself and/or animal companions (with a photo). $45 for 30 minute session or $65 for 50 minute session. Call 786-3776; mcenkoart@hotmail.com.
Intuitive Art Play Date with Marliesa Back and Antoinette Thoin • Feb. 16, 11 a.m.-4 p.m. at Crazy Wisdom Community Room • Come into a deeper relationship with art, crafts, and our own unique creative expression. This is an experiential workshop, with hands-on and intuitive explorations of art media, colors, textures, the creative process, and... well, fun! Please bring a journal and a spirit of adventure. $50. Call Marliesa at 649-6878 or Antoinette at 369-4400; marliesa@provide.net or yinspaceexpressions@yahoo.com.
Celebrate Spring Equinox with Shara Lyn El and Bett Weston • Mar. 15, 1-4 p.m. at Crazy Wisdom Community Room • Come and celebrate spring Equinox in a sacred way through ritual and candlemaking. Each participant will make an intentional rolled beeswax candle to take home for personal ritual use. $40 includes materials. Call Shara Lyn El at 369-6071 or Bett at 657-4084; www.myspace.com/solarspiritshara or catiamagic@yahoo.com.
Whitey's Play Day #1: The Animals Come Dancing with Betsy Adams • April 19, 11 a.m.-4 p.m. at Crazy Wisdom Community Room • Whitey is a little white calf who loves to play! This time, he would like to help us all connect, through feeling, to those animals and other beings that mean a whole lot to us, who make us happy to be here, to be on Earth. We will make masks of these dear friends, decorate and wear them, and share how we feel sharing this space of this beloved friend, play games, and explore the relationship of the heart. $50 includes materials. All monies contributed to this class will go to a nonprofit support for the spiritual evolution of the animal kingdom. Call 475-4230; shohnahhahlieh@provide.net.

Stress

Stress Management: Embracing the Peace within You with Melanie Fuscaldo • Part 1: Jan. 22, 2-3:30; Part 2: Jan. 29, 2-3:30 • Tune into messages from your body, mind, and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner wisdom. Leave with coping strategies to increase your effectiveness. $30 per session. Call 668-2733; mfuscaldo@gmail.com.

Sufism

Sunday Celebration Service with Sufi Poet Hosain Mosavat through Interfaith Center for Spiritual Growth • Jan. 6, 10:45 a.m.-12:15 p.m. • The Interfaith Center for Spiritual Growth kicks off its 10th Anniversary Year Celebration with guest speakers once a month at its Sunday celebration services. This month, Sufi poet Hosain Mosavat delivers the sermon/lecture. Free. Call Dave Bell at 327-0720.

Sufi Circle: Sufi Healing, Meditations, and Whirling with Bapak Waleed • Jan. 13, Feb. 17, Mar. 16, April 13; 4 p.m. • An evening of joy, divine remembrance, and whirling! Evening will consist of Rumi music, silent meditation, open whirling, and a Naqshbandi Sufi Dhikr-Healing session. Free. Call BODY-MIND-SPIRIT at 945-8602; staff@bmswc.com.

Tai Chi & Martial Arts

Shaolin Arts with Michael Gillespie • Tuesdays and Wednesdays, 7-9 p.m.; Saturdays, 10 a.m.-1 p.m. • Iron palm, Shuai Chiao, Bagi, Mantis, Longfist, and Chin-na. Qi Gong from eight sections, 5 animals frolic, muscle tendon change, marrow washing, and patting for health and meditation. $10 per session for basic class. Call 223-6056.

Indo-Malay "Silat Tradisional" Martial Arts Training with Bapak Waleed • Mondays, Wednesdays; 7-8:30 p.m. • Sessions explore Traditional Silat Training, which promotes mind-body fitness and conditioning, increases mental acuity and focus, and develops martial arts and self protection prowess. First session free. For cost, call BODY-MIND-SPIRT at 945-8602; staff@bmswc.com.

Martial Arts for Spiritual Warriors: Silat Tuo Minangkabau with Bapak Waleed • Jan. 12, Feb. 16, Mar. 15, April 12; 10-Noon • Workshop explores Traditional Silat Training, which promotes mind-body fitness and conditioning, increases mental acuity and focus, and develops martial arts and self protection prowess. For cost, call BODY-MIND-SPIRT at 945-8602; staff@bmswc.com.

Wu Style Tai Chi Chuan with Sifu Genie Parker • Sundays, 4 p.m. • Wu style tai chi chuan is a soft style martial art emphasizing relaxation and balance. All are welcome to learn this ancient art of meditation in motion. $40 per month for one class per week; $65 per month for two classes per week. Call 248-229-1060; www.wustyle-annarbor.com.

Little Dragons Karate with Barbara Christensen at the Mind, Body and Spirit Academe • Eight Tuesdays beginning Jan. 22, 6:10-6:50 p.m. • Karate for youth ages 4-6. For cost, call 665-2840; blchristensen@earthlink.net.

Youth Karate with Barbara Christensen at the Mind, Body and Spirit Academe • Thursdays beginning Jan. 24, 4-5 p.m. for ages 10 and up or 5-6 p.m. for ages under 10 • Karate for intermediate/advanced students. For cost, call 665-2840; blchristensen@earthlink.net.

Youth Karate with Barbara Christensen at the Mind, Body and Spirit Academe • Tuesdays beginning Jan. 22, 7-8 p.m. • Karate for ages 7 and up, all levels. For cost, call 665-2840; blchristensen@earthlink.net.

Kids Night Out Party with Quest Martial Arts • Jan. 19, 5-9 p.m. • This party is a fun time for children to spend time learning martial arts with their peers. It's also a great chance for parents to get four hours of time to themselves. $20. Call Nick Oliverio at 332-1800; questcenter@sbcglobal.net.

Demo Extravaganza and Black Belt Test with Quest Martial Arts • Jan. 25, 6:30 p.m. • Come watch our students demonstrate what they have been learning. You will also have the opportunity to see some of our most advanced students testing for their black belts. Free. Call Nick Oliverio at 332-1800; questcenter@sbcglobal.net.

Steal-Proof Master with Quest Martial Arts • Feb. 23, 3-5 p.m. • A presentation of our stranger-danger educational program that is an excellent opportunity for children ages 5 and older. Free. Call Nick Oliverio at 332-1800; questcenter@sbcglobal.net.

Ninja and Cool Kid Advancement with Quest Martial Arts • Feb. 29, 6:30 p.m. • This is an excellent opportunity to come watch our students show off what they have been learning. Free. Call Nick Oliverio at 332-1800; questcenter@sbcglobal.net.

Open House with Quest Martial Arts • April 22-23 • Come in to experience a free trial martial arts lesson. This is a great opportunity to sample an effective self-defense system combined with a core of focus, self-discipline, and respect. Free. For times, call Nick Oliverio at 332-1800; questcenter@sbcglobal.net.

Kids/Youth Martial Arts with International Silat Federation of America • Tuesdays, 6-7 p.m. • Indo/Malay Martial Arts program for youth to develop self-esteem, self control, self awareness, and self defense. First two weeks free. For cost, call BODY-MIND-SPIRT at 945-8602; staff@bmswc.com.

Chi Kung Yoga Energy Cultivation Class with Robert Lewanski • Jan. 3, 10, 17, 24 • Ancient self-cultivation exercise management system that combines gentle breathing and meditation techniques with passive and actual postures to release blocked internal energy, activate the body's self-healing abilities, and attain high level health. Reduces stress. Feel centered, balanced, and tranquil. $10 per class. For times, call 248-680-8688; healthforcecenter@sbcglobal.net.

Chi Kung Core Massage Healing Workshop with Robert Lewanski at Song of the Morning Ranch • Jan. 25-27 • Weekend seminar covering Zen shiatsu, chi kung, 5 element meridian massage, chi kung medical healing, chi kung rocking technique, foot reflexology, and more. $99. For times, call Kalynn at 989-983-4107; healthforcecenter@sbcglobal.net.

Tai Chi Chuan Beginner Class with Wasentha Young • Tuesdays and/or Thursdays, Jan. 15-Mar. 6; 7:15-8:30 p.m. • Tai Chi Chuan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of well-being are enhanced through these techniques as well as tai chi chuan's unique, slow, and graceful movements and breathing coordination. $100. Call Peaceful Dragon School at 741-0695; www.peacefuldragonschool.com.

Tarot & Divination

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 7-10 p.m. • $1 per minute. No appointment necessary. rebeccawilliams999@comcast.net.

Drop-In COSMO Readings with Guide John Fredericks in the Crazy Wisdom Tea Room • First and third Saturdays, 10:30 a..m.-1:30 p.m. • Take a moment to explore your inner psyche and your cosmic connections with COSMO, a delightfully rational new divination system developed in 1999 in Ann Arbor by a group of enlightened individuals ranging from artists to astrophysicists. The board is our mental map. The cards, similar to Tarot, represent fate and the forces, events, and people in our lives. The combination presents us with a psychologically sound, yet energetically and spiritually connected tool, to explore the complexities of our lives. John has thoroughly enjoyed helping people tap into the subtler sixth sense, and make sense of our crazy worlds. Join him for an exploration starting with your most basic psychology and inner thoughts, and leading to who knows where. $1 per minute. No appointment necessary. Call 734-368-1780; johnrhino@comcast.net.

Drop-in Tarot and Astrology Readings with Jillian Kerry • Second and fourth Saturdays of each month, 10:30 a.m.-1:30 p.m. at Crazy Wisdom Tea Room • Jillian uses tarot and astrology tools to understand where clients are in their lives and where they are going, in order to help coach them with issues such as career, relationships, personal or spiritual growth, and health improvement. $1 per minute. Call 734-395-4999; jilliankerry@gmail.com.

The Crazy Wisdom Calendar

Tarot & Divination (continued)

Palmistry Readings with Vijayalaxmi Shinde at the Crazy Wisdom Tea Room • First and Third Sundays, 11 a.m.-1:30 p.m., second and fourth Sundays 12-5 p.m. • Vijayalaxmi offers the ancient Indian science of palm reading and numerology information for the positive direction and welfare of her clients. $1 per minute. No appointment necessary. For more information, call 734-222-9160.

Tarot Wisdom with Jeanne Adwani • Fridays, Feb. 22-April 4; 6:30-9 p.m. at Crazy Wisdom • We will use the tarot as a journaling, storytelling tool. Claiming their language of elements, numbers, and symbols for the archetypical wisdom they can tell us. $125. Limited to 10. No class Mar. 14. Call 320-3973; jeanne@intoowitgirl.com.

Theater

The Love Oasis with Cheryl and Rick Wiker, Lorraine Coburn, and Rod Rodriguez • Feb. 9, 11 a.m.-4 p.m. in Livonia • The Love Oasis is a unique theatrical production seminar and workshop designed to help us live in and as the presence of unconditional love. It includes an exclusive video interview with Dr. Joe Dispenza of *What the Bleep Do We Know?!* discussing how the brain literally rewires itself as we focus on love. Love offering. Call Cheryl at 347-3621; theloveoasis@comcast.net.

2008 Season at the Wild Swan Theater • $8 child, $10 adult. Group rate available. Call Michelle at 995-0530; www.wildswantheater.org.
Strega Nona and the Magic Pasta Pot • Jan. 24-26 • For grades PreK-2.
Drum Me a Story • Feb. 7-9 • For grades PreK-3.
Along the Tracks • Feb. 13-16 • For grades 3-12.
Peter Rabbit • Mar. 6-8 • For grades PreK-2.
Treasure Island • April 30-May 4 • New!! For grades K-7.

Therapy & Support Groups

Basics of Co-Counseling with Gaia Kile • Twelve-week course beginning in January, meeting two hours weekly • Co-counseling is a peer-based process to heal past and present hurts, to celebrate growth, and to make intentional change. This is a 12-week course in the techniques of this powerful peer counseling method. Participants are given strategies for working with their emotions, making changes in their lives, as well as learning skills for listening and helping others to do emotional work. $25-$250 sliding scale for the entire series. Call 994-4937; cciannarbor@umich.edu.

The Art of Thriving: A Women's Psychotherapy Group with Lisa Wolf • One evening per month, 7-9 p.m. • This process-oriented therapy group will guide women to move beyond "surviving" life. Participants will have the opportunity to explore the resistances, fears, and doubts that block one's ability to "thrive" and block the expression of your most genuine self. Education, emotional release work, spiritual practice, and experiential exercises will be some of the interventions used. This group will be both psychological and spiritual in nature. $40 per session. Call 930-0864.

Women's Group with Cia Gabriel at Growing Together Life Learning Center • Fridays, 8-10:30 p.m. • We live in a world that places endless, often confusing, demands on us. In Women's Group, we will guide you towards discovering your own inner wisdom. We will teach you to identify and trust your wants, needs, feelings, thoughts, body sensations, choices, and intuitions, and create the life you want. $25 per month. Call 622-8335; cynthia@togrow.org.

Tapestries: A Group for the Healing of Sexual Trauma with Anita Rubin-Meiller and Dawn McCalla • 15 Thursdays beginning Feb. 7, 6-8:15 p.m. • Our successful approach to building and strengthening skills for reducing the distressing impact of sexual trauma includes didactic presentations, discussion, creative/experiential activities, mindfulness practices, and the development of supportive relationships. Limited to 8 participants. $50 per session with sliding scale available. Call Anita at 332-0669; www.tapestries4healing.com.

Mindfulness Foundation Class: Healing for Survivors of Sexual Violence with Bobbie Ebsen • 12 Thursdays beginning Jan. 31, 7:30-9 p.m. • This is an ongoing 12-week psycho-educational class that will be experiential in a safe environment to learn various types of meditation, yogic breathing, and mindfulness techniques. As survivors of sexual trauma, much of our energy is used in negative thoughts and emotions about ourselves and our bodies. Through these powerful practices, you will learn and experience techniques to calm and steady your mind, remove mental obstructions, bring balance to your emotional and physical bodies, and radiate inner joy and wholeness. $15 per week or $120 for 12 weeks. Limited space. Call 223-6014; annapurnakongsang@gmail.com.

Mindfulness Foundation Class: Healing Eating Disorders with Bobbie Ebsen • 12 Tuesdays beginning Jan. 29, 6:30-8:30 p.m. • This is an ongoing 12-week psycho-educational class that will be experiential in s safe environment to learn various types of meditation, yogic breathing, and mindfulness techniques. As sufferers of eating disorders, much of our energy is used in negative thoughts and emotions about ourselves and our bodies. Through these powerful practices, you will learn and experience techniques to calm and steady your mind, remove mental obstructions, bring balance to your emotional and physical bodies, and radiate inner joy and wholeness. $15 per week or $120 for 12 weeks. Limited space. Call 223-6014; annapurnakongsang@gmail.com.

Transpersonal Psychology

Ann Arbor Ken Wilber Meet-up Group with Dennis Hunt • Jan. 12, Feb. 2, Mar. 8, April 12 • Discussion of the philosophy of Ken Wilber and related topics. Suggested $5 donation. For times, call 734-658-7619; dhunt98@earthlink.net.

Womenspirit

Women's Circle Mediation with Kathi Finney • Jan. 17, Feb. 7, Mar. 5, Mar. 27, April 17; 6:30-8 p.m. • Come and join the circle to connect and heal your inner power for true direction in your life. Learn to trust and honor your inner guidance. Experience the safe containership of loving sharing that occurs in this sacred circle, where women can speak their truth in privacy and confidence. Participate in group meditation to heal yourself and others. $10. Call 734-416-5200; info@bodyworkshealingcenter.com.

Musing over Mugs with Monica Stuhlreyer of Visitation North • First Saturday of the month, 10 a.m.-Noon • A gathering of women who wish to share the grace and challenges of their lives within a faith setting. Freewill offering. Call 248-433-0950; visitationnorth@ihmsisters.org.

Serenity Retreat for Women with Cora "Tommie" Dayton and Rose Celeste O'Connell at Weber Center • Feb. 21 at 7:30 p.m. through Feb. 24 at 1 p.m. • The retreat weekend will explore how acceptance and the Twelve Steps of AA help us live life on life's terms. "Acceptance is the key to my relationship to God today... I do whatever is in front of me to be done, and I leave the results up to God. However it turns out, that's God's will for me... for serenity is directly proportional to my level of acceptance." (Alcoholics Anonymous, page 52.) $200 for Thursday-Sunday or $150 for Friday-Sunday. Call 517-266-4000; webercenter@adriandominicans.org.

Meet the Muse: Engaging Magic and Mystery to Find Your Voice with Bronwen Gates • One Sunday per month for nine months, beginning Feb. 3, 11 a.m.-4:30 p.m. • The Muse, daughters of Mnemosyne, are source for all creativity and inspiration. Come play with the nine maiden magic: the three Muse of Awakening, Thalia, Clio and Calliope; the three Muse of Transformation, Terpsichore, Melpomene, and Erato; and the three Muse of Purification, Euterpe, Polyhymnia, and Urania. For seekers, wordsmiths, and the eagerly curious, each month we will engage deeply with one of the sisters in turn, while also engaging them all. $72 per month includes materials. No class in August. Call 975-8754; bronwild@aol.com.

Work & Right Livelihood

Distractions and Seductions: Was That the Doorbell I Heart? with Karen Williams and Diana Kardia • Jan. 21 or April 26, 1-4 p.m. • Do you find it hard to get to your novel, your new exciting business venture or an important project? Often it's not that we don't have the time; it's that we fritter it away avoiding what we've always wanted to do - go figure! If you are a small business owner, a creative visionary, a potential entrepreneur or someone just looking for the fire and strategies to accomplish what matters to you, this workshop is for you. Are you willing to live your creative passionate genius? $40. Call Diana at 358-3698; info@ragingmagmalife.com.

Small Business Development Training with Patty Brennan of Center for the Childbearing Year • Mar. 29, Noon-4:15 p.m. • Make a living doing what you love! Come and learn the skills necessary to be successfully self-employed in a service-oriented business. We will cover legal requirements, record keeping, guide to taxes, risk management, marketing on a budget, networking, professional ethics, and the pros and cons of self-employment. This class is designed for anyone considering establishing a small business. $65 with early registration discount available. Call 663-1523; patty@center4cby.com.

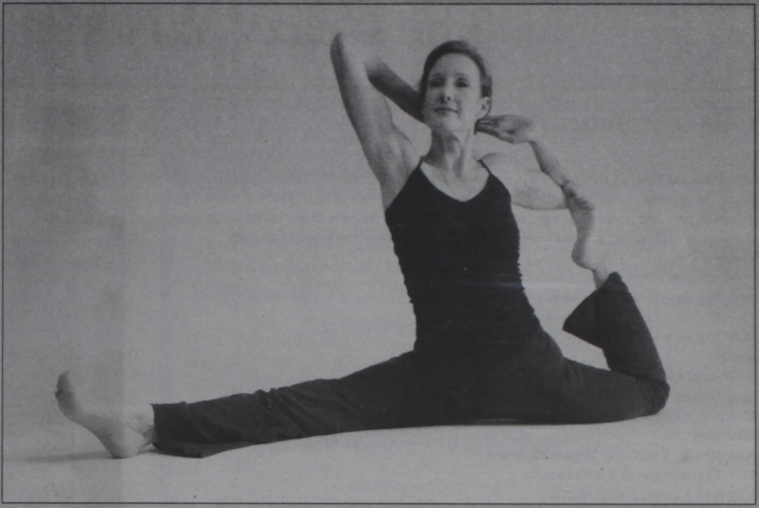
Transitions Series with Senior Zen Buddhist Student Bopryok Peter Beyer through Zen Buddhist Temple • Jan. 26, Feb. 23, and Mar. 29; 9 a.m.-2 p.m. • Peter Beyer offers a discovery path to explore career and life transitions from first job through re-careerment and retirement. Workshop topics include meditation practice, the way of council, and group wisdom. $60 each for the three workshop/retreats including vegetarian lunch and tea. Limited to 10. Call 761-6520; a2buddha@sbcglobal.net.

Live Your Career Dream with Melanie Fuscaldo • Part 1: Jan. 4, Noon-1:30 p.m.; Part 2: Jan. 11, Noon-1:30 p.m. • Begin to identify your unique career dream and action steps to create it in your life. $30 per session. Call 668-2733; mfuscaldo@gmail.com.

Build Your Practice with Ann Jones • Jan. 26 or Mar. 22, 10:30 a.m.-1 p.m. • We will explore how to increase and retain your clients and develop new directions for your practice. The STEP approach will help you to create a plan to be more successful. Includes a workbook and free consultation after the workshop. $75. Call 972-1533; ann@buildyourpractice.net.

Strategies for Financial Well-Being with Sylvia Shippey • Jan. 20, 2-3:30 p.m. • How do you get out of debt, plan for a comfortable retirement, and protect your savings? Learn how to get out of debt faster, and how much you should be saving for retirement and education for your children. Getting the most out of your retirement investment and protecting those assets will also be discussed. Free. Call 649-4064; skshippey@comcast.net.

Michele Bond is the director of, and teaches classes through, Yoga House, a yoga studio specializing in Anusara Yoga.



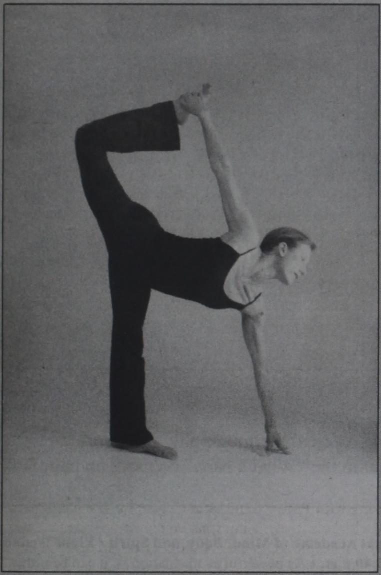
When you were a kid, were you naturally agile and physical?

From the beginning, my parents instilled in me both a love of nature, and of getting up off my backside. We were a very active family. My mother taught me to swim before I could walk and started me in ballet when I was four. I shudder to think what it could have been like had she not… as I am now the most graceful, clumsy person you may ever meet. I can fall with really graceful hand gestures… I can drop something with one hand and catch it with the other, thanks to yoga and the martial arts. Yesterday, in a very proud moment, my Blackberry was saved from near disaster when I managed, somehow, to catch it with my foot…

What do you find most satisfying about teaching yoga classes?

That people come to me with issues, and we are able to affect healing and understanding on the mat. That people feel that their lives are changed for the better. That they feel empowered and know that they have tools for living a better life. That this system of Anusara is so transformational. And that we laugh… sometimes so hard that we almost fall down. Well at least I laugh that hard….

At what age were you when you began practicing yoga? And when did it become a serious part of your daily routine?



From an early I age I knew that this was something amazing, and I tried to teach myself… from books, and TV… I took a class with my mom… In around 2000, grace gave me a big nudge in the yogic direction, and then in 2001, I discovered Anusara. Shortly thereafter I began chasing John Friend and his top teachers all across the country trying to learn everything I could about this wonderful system. I had many questions, and was suffering from multiple injuries… This system has brought many answers and much healing. I am so grateful for the many ways that this practice continues to change my life. John always says with enthusiasm and amazement, that it just keeps getting better… and as usual, he seems to be right.

Do you sometimes wake up and think to yourself, "gosh, today, instead of teaching and doing yoga today, I'd like to just stay in bed and watch TV, or just have a long, lazy day?"

I often think of my teacher saying how excited he is when he comes to the mat… "Because you just never know… This could be totally THE DAY!" when you'll have a shift, or some amazing new insight, an incredible new pose will just happen, and it will be so much fun… I look at it that way…. And I am always aware of what an honor and a privilege it is to do what I do.

What book has most inspired you in the last five years?

I love this beautiful little book which was given to me by one of my students -- Courage and Contentment by Guramayi Chidvilasananda speaks so deeply to my heart. It is filled with wonderful stories, songs and poems as well as many inspiring words from her teacher, Baba Muktananda. I often read from it to my classes.

Where is the most memorable place you've ever done yoga at?

I have done yoga in a studio NEAR Walden Pond, and NEAR where Lance Armstrong trained for the Tour de France, and in a studio in the middle of the Colorado Rockies, and yet somehow managed to see only the inside of those studios while in those places. Clearly, I work a bit too much… and I'm trying to work on that . I do have a fleeting memory of doing yoga on a bluff overlooking Lake Huron, with the waves crashing on the beach, seagulls flying overhead, the wind coming off the lake… I recall it was quite lovely. I feel a deep connection to the Great Lakes.

Where do you most enjoy being outside after a good snowfall in the Ann Arbor area?

Hmmm…My first choice might be… being OUTSIDE OF Ann Arbor, perhaps somewhere in the Caribbean… Second choice could be right outside my studio. I have what must be one of the most beautiful trees in the world, a huge Catalpa, and some wonderful, very large and mature lilacs. Covered with freshly fallen snow it all looks so magical… like fairyland. I love where I work.

Writing & Poetry

Drop-In Book Coaching with Jeannie Ballew • Wednesdays, 8:30-10 p.m. at Crazy Wisdom Tea Room • Do you have a great idea for a book but are struggling to write it, let alone get it published? Book coaching helps you crystallize your focus, structure your ideas, set attainable goals, and walk confidently down the path to publication. Transform yourself from someone who *talks* about writing a book to being a published author. Free. Call 994-6663; editprose@provide.net.

Making Peace with the Writer Within: A Workshop for Writers with Sandra Beals and Jeannie Ballew • Tuesdays, Jan. 8-29; 7:30-9:30 p.m.; or Mondays, April 8-29; 7:30-9:30 p.m. at Crazy Wisdom Community Room • Join us in a fun, interactive, challenging yet safe environment to explore how and why you are stuck in your writing process. This deep, powerful soul work carves through the layers of messages we tell ourselves about our stuckness. When we link these messages to our underlying beliefs, honor them, and bring them into consciousness, we can move forward with our writing. $200. Call Sandra at 645-0921 or Jeannie at 994-6663; editprose@provide.net.

Write Now: Claiming and Expressing Your Creative Voice with Jill Blixt • Twelve Thursdays beginning Jan. 24, 9:30 a.m.-12:30 p.m. • Do you have a story that wants to be written? Have you longed to write but haven't made time or space in your life to do so? Join a group of like-minded people and build your confidence and skills as a writer. Practice tools of the artisan - commitment, conviction, focus, persistence, discipline, and patience. This workshop is for anyone who wishes to build a regular writing practice. Whether you want to write fiction, nonfiction, poetry or memoir, you are invited to take action and write now. $30 per week includes brunch and materials. Call 665-4577; jillblixt@aol.com.

Yoga

Meditation for Yogis with Dorothy Ann Coyne at Inward Bound Yoga • Mondays, Jan. 7-Feb. 23 and Mar. 3-April 19 at 7:30-8:30 p.m. and Jan. 26, 10:30 a.m.-Noon • Experience meditation practice as it grows out of and complements our practice of postures. Learn how breath, sense control, concentration, and meditation enrich our time in asana practice as well as all the hours of our life off the mat. We will be combining our periods of sitting practice with yoga stretches and warm-ups. $10. Call 335-1543; mickeyda@sbcglobal.net.

Yoga for Meditators with Dorothy Ann Coyne through Deep Spring Center • Wednesdays: Jan. 16-Feb. 6; 5:30-7 p.m. • This course will offer basic instruction in both mindfulness and yoga postures, combined as a single powerful practice of body, mind, and spirit. $28 building fee with opportunity to offer *dana* to the teacher. Call 477-5848; www.deepspring.org.

The Crazy Wisdom Calendar

Yoga (continued)

Inward Bound Yoga at Friends Meetinghouse • Since 1995, Inward Bound Yoga has offered a variety of approaches to the ancient discipline of yoga, including four levels of hatha yoga instruction, pre- and post-natal yoga, Ashtanga, and several vinyasa flow classes coordinated with music. For descriptions and fees, visit www.ibyoga.com or info@ibyoga.com.

Monday:
Noon-1:15 p.m. • Better Backs with Cathy
4:30-5:30 p.m. • Viniyoga to Music with Sandy
5:45-7:15 p.m. • Level 2-3 with Martha
7:30-8:30 p.m. • Meditation for Yogis with Dottie
Tuesday:
9:30-11 a.m. • Morning Yoga with Lynette
5:30-6:30 p.m. • Evening Flow with Janine
6:45-8 p.m. • Level 1 with Janine
Wednesday:
7:30-8:30 a.m. • Wake-up Yoga with Janine
5:45-7:15 p.m. • Level 2 with Lynette
7:30-9 p.m. • Level 2 with Martha
Thursday:
4-5:15 p.m. • Deep Stretch with Cathy
5:30-7:15 p.m. • Posture Flow to Music with Cathy
7:30-9 p.m. • Level 1-2 with Barbara
Friday:
7:30-8:30 a.m. • Wake-up Yoga with Roddy
9-10:30 a.m. • Prenatal Yoga with Marlene
10:45 a.m.-Noon • Postnatal Yoga with Marlene
Saturday:
8:15-10 a.m. • Asthanga Yoga with Jonathan

Children's Yoga with Sondra O'Donnell of Sun Moon Yoga • Mondays, 5:15-6 p.m. • Children grades K-5 discover the beautiful, healthy, peaceful, balanced beings that they are through traditional yoga teachings in the form of stories, games, and songs. $12 drop-in with reduced rates for registration. Call 929-0274; sondra@annarboryoga.com.

Spirited Yoga with Sondra O'Donnell of Sun Moon Yoga • Mondays, 6:15; Thursdays, 9:30-10:45 a.m. • This Vinyasa-style yoga class uses focused breath with movement through postures to fill you with energy and focus you mentally to feel totally alive. Best for those without major health limitations who want a lively, invigorating practice that builds strength, reduces stress, and calms the mind. $12 drop-in with reduced rates for registration. Call 929-0274; sondra@sun-moon-yoga.com.

Kripalu Yoga with Tanya Thunberg of Sun Moon Yoga • Tuesdays, 5:45-7 p.m. • Cultivate a deeper sense of compassion in this moderately vigorous posture and breath practice. $12 drop-in with reduced rates for registration. Call 929-0274; sondra@annarboryoga.com.

Basic Yoga with Tanya with Sun Moon Yoga Teachers • Tuesdays, 9:30-10:45 a.m.; Wednesdays, 6:15-7:30 p.m.; Saturdays, 10:45 a.m.-Noon; Sundays, 9-10:15 a.m. • This slow-paced restorative class is perfect for beginners and those wanting a restorative, nurturing practice that will release tension and strengthen and maintain the health of the spine. $12 drop-in with reduced rates for registration. Call 929-0274; sondra@annarboryoga.com.

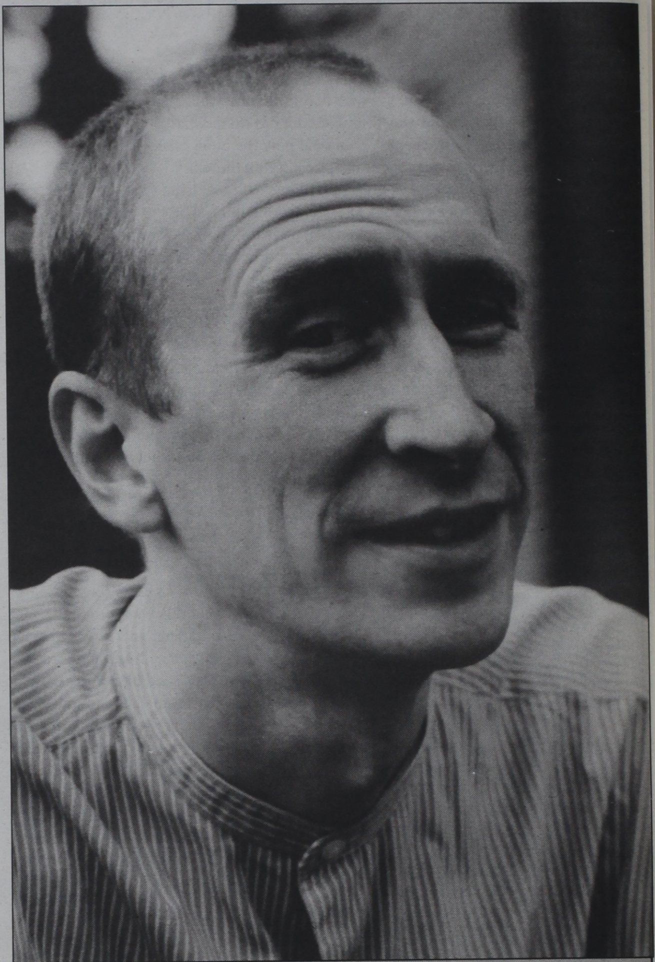
Prenatal Yoga with Nancy Miller of Sun Moon Yoga • Thursdays, 7:15-8:30 p.m. • Connect with your body, your spirit, and your baby while preparing for the birth experience and motherhood. $12 drop-in with reduced rates for registration. Call 929-0274; sondra@annarboryoga.com.

Moonlight Yoga with Ita Reyes of Sun Moon Yoga • Wednesdays, 7:45-9 p.m. • This yoga style utilizes different postures and flows for the purpose of strengthening, opening, and cleansing the body. Pranayama is used to bring the student into a meditative state where the mind focuses inward, bringing a sense of peace and relaxation to the body. All levels welcome. $12 drop-in with reduced rates for registration. Call 929-0274; sondra@annarboryoga.com.

Vinyasa Yoga with Ellen Livingston at Mind, Body, Spirit Academe • Wednesdays, 5:30-6:45 p.m. • Deep, steady breathing leads your movements, linking mind and body and keeping you safe as you explore slow-flowing series of traditional yoga postures. Appropriate for beginning and intermediate level adult students. $15 drop-in or $120 for 10 classes. Call Barb or Sarah at 994-5599 ext. 3; ellen.livingston@sbcglobal.net.

Kundalini Yoga with Billie Wahlen • Thursdays, Jan. 10-Feb. 14; 7:30 p.m. • Kundalini is the basic bioenergy of being, the highest frequency of prana (breath). Kundalini yoga is a systematic and graceful way of building up this energy. Kundalini is the flowering of one's potential, and its awakening is a positive experience. $15 drop-in or $60 pre-registered. Call 276-6520; starbillie@gmail.com.

Yoga Classes with Christy DeBurton at The Yoga Room • Dates and times vary • Vinyasa, Hatha, Yin, and Kundalini yoga classes offered five days a week. Small class sizes allow for individual attention. Stay for tea after class! For times, dates, and cost, call 761-8409; info@christydeburton.com.



Dr. Malcolm Sickels ~
His office is now offering medical thermography. (For more information, read about it in the "What's New" column, on page 9.)

Chi and Yoga with Maya Datta at Academe of Mind, Body, and Spirit • Eight Wednesdays beginning Jan. 9, 10:40-11:40 a.m. • As powerful as meditation is, it can be rather elusive to most people to achieve peaceful mental states. The program used here systematically travels through the various layers of the multi-faceted self, allowing participants to effortlessly become more integrated human beings, which leads to the experience of one's essential true nature. The guided meditation approach provides core skills to enhance awareness and is a portal to experiencing stillness, clarity, and wisdom. This program fuses Qigong gentle exercises with yin yoga and pranayama. First session free and open to anyone. $80. No class Feb. 28. Call 649-8006.

Chi and YogaPrenatal iRest Yoga with Maya Datta • Eight Wednesdays beginning Jan. 9 or Mar. 12, 9:30-10:30 a.m. • This program will provide you with the essential centering and awareness techniques you need for the experience of bringing life into the world and for motherhood. The program allows participants to effortlessly become deeply relaxed at will and yet alert, energetic, and able to function efficiently and with clarity. This style of yoga does not require physical poses and can be put into practice by anyone. First session free and open to anyone. $80. No class Feb. 28 or April 2. Call 649-8006; www.radiantnow.org.

YogaMoves with Gail Rucker through Om Studio • Jan. 15-May 1: Tuesdays, Thursdays; 11 a.m.-Noon • Experience the basics of alignment, attitude and action, yoga philosophy, classical postures, and creative poses. Anusara-style alignment principles, small classes, loving atmosphere. All levels are welcome. $15 for single class, $12 for each class in series of four, $150 for OM card for unlimited Yogamoves classes through May. Call 994-3777; mymoves@aol.com.

Yoga Class at Zen Buddhist Temple • Six Tuesday evenings beginning Jan. 8, Mar. 6, April 15: Yoga One (beginners): 6-7:15 p.m.; Yoga Two: 7:30-9 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with the emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Please register early! $60 for six sessions. Call 761-6520; a2buddha@sbcglobal.net.

Yoga Class Level II with David Black at Zen Buddhist Temple • Six Thursday evenings beginning Jan. 10, Mar. 8, April 17; 7-8:30 p.m. • Now returning students, and those who already know the traditional hatha yoga postures, have two evenings to choose from. Please register early! $60 for six sessions. Call 761-6520; a2buddha@sbcglobal.net.

Running Yogis: A Yoga Class for Runners with Bobbi Ebsen • Mondays, 7:30 p.m. • If you are a runner, then this class is for you! Top performance in running depends largely on the extent to which the athlete can regenerate his/her physical and mental strength after training. This ongoing yoga class is designed to restore, elongate, and loosen your body. It is a holistic class that includes yogic breathing to increase your body and breath awareness, improve your concentration and focus, and cultivate body wisdom to prevent injuries. Breath control provides access to your inner power house and your true athletic abilities. Please arrive 10-15 minutes before class. $12 drop-in or $60 for six-week session. Call 223-6014; annapurnakongsang@gmail.com.

Yoga Happy Hour: Restorative Yoga with Michele Bond of Yoga House • Fridays, 5:45-6:45 p.m. • Relax in a peaceful, serene setting as you discover the joys of restorative yoga. Simple breathwork to balance your energy, gentle stretching, and supported postures help your stress melt away. No yoga experience required. $10. Call 358-8536; michele@yogahouseannarbor.com.

Anusara Style Yoga: Open Level with Michele Bond of Yoga House • Sun., 7:30-9 p.m.; Tue., 9:30-11 a.m.; Thur., 9:30-11 a.m. and 5:45-7:15 p.m.; Sat., 9:30-11 a.m. • Open level is a mix of new and continuing students, where each individual's unique abilities and limitations are deeply respected and honored. Students work to their own ability level, and poses are modified as needed to optimally benefit each participant. Anusara blends the science of biomechanics with openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. $12 per class or $15 drop-in with permission. Call 358-8546; michele@yogahouseannarbor.com.

Introduction to Anusara Yoga with Michele Bond of Yoga House • Tuesdays, 5:45-7:15 p.m.; Wednesdays, 8-9:30 p.m.; Saturdays, 11:30-1 p.m. • For those new to yoga, or new to this system. Anusara brings us universal principles of alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful and therapeutic, and fun! Learn the essentials for a rewarding practice. $12 registered, or $15 drop-in with permission. Call 358-8546; michele@yogahouseannarbor.com.

Yoga for Athletes with Michele Bond of Yoga House • Wednesdays, 6-7:30 p.m. • Enjoy an energetic practice to increase strength, flexibility, agility, balance, and mental focus. Learn how correct alignment enhances joint function, decreases the risk of injury, and can aid in healing pre-existing injuries. Explore the role joy plays in peak performance in sports, in business, as well as on the mat. $12 per class or $ 15 drop-in. Call 358-8546; michele@yogahouseannarbor.com.

Yoga Classes at Harmony Yoga with Karen Husby-Coupland • Eight-week sessions, beginning Jan. 7 • Yoga classes taught in the Iyengar tradition, for beginners and more experienced students. Gentle Yoga also offered. Small to medium class sizes allow for more personalized instruction. $80 for eight weeks for beginning classes; $96 for all other classes. Call 222-9088; harmonyyogaannarbor.com.

Yoga Teacher/Yoga Therapy Certification RYT 200 and RYT 500 Programs with Ema Stefanova • Weekend intensives start Jan. 18 • Holistic and comprehensive RYT 200-hour and RYT 500-hour (advanced) level yoga teacher/yoga therapy trainings and certification programs are offered to new and already registered yoga teachers, as well as those who would like to deepen their yoga practice and have yoga and meditation as a lifestyle. Our trainings have been popular with social workers, massage therapists, nurses, and healers of all modalities. For cost, call 665-7801; www.yogaandmeditation.com.

Holistic Yoga Stress Management Weekend Workshop with Swami Brahmavidyananda of the Institute for Holistic Yoga in Miami and Ema Stefanova • Jan. 25-27, Friday evening-Sunday afternoon • This weekend will give you the knowledge and experience to change and improve to a low-stress and stress-free lifestyle. For cost, call 665-7801; www.yogaandmeditation.com.

Yoga and Meditation Day with Ema Stefanova • Sundays, all day, monthly • Deepen your yoga and meditation practice. Earn continuing education credits (for RYTs). Unique yoga and meditation programs, topics, and information not available from commercial yoga venues. $108 with early registration. Call 665-7801; www.yogaandmeditation.com.

Satyananda Style Yoga with Ema Stefanova • Sundays 10:30-11:45 a.m. and 5-6:15 p.m., Mondays 6:30-7:45, Wednesdays 6-7 p.m., Thursdays 9:45-11 a.m. • This class is excellent for both beginner and continuing students of all ages. Classical Satyananda yoga will peacefully energize you and help you establish your own home practice. You will gain total fitness - a healthy body, stress-free personality, and heightened mental awareness. For cost, call 665-7801; www.yogaandmeditation.com.

Back Strength Class with Ema Stefanova • Sundays 12:15-1:30 p.m., Mondays 5-6:15 • Work specifically with the back and core with a focus to prevent and relieve back issues. Not for total beginners. Must have some private sessions or six weeks of Satyananda style yoga before coming to class. For cost, call 665-7801; www.yogaandmeditation.com.

Iyengar Yoga Classes with Karen Ufer of Yoga Focus • Day, evening, and weekend classes • All levels of classes, including gentle and prenatal, in a beautiful, well equipped studio. $12 per class, $15 drop-in. Call 668-7730; www.yogafocusannarbor.com.

Chi Kung (Qigong): Chinese Yoga with Wasentha Young • Tuesdays: Jan. 15-Mar. 4, 6-7:15 p.m. • Chi Kung is a Chinese approach and practice that focuses on the relationship of energy (chi) and health. This class will focus on the fundamental styles of Chi Kung: imagery and movement, Chinese Yoga, and traditional Chinese medicine through learning the Wild Goose Chi Kung Form. Students also begin to learn to sense their own energy as well as others while engaging in "soft chi" exercises. As part of medical Chi Kung, students will be introduced to the energy pathways (meridians) of the body and learn the fundamentals of the 5 Element Theory. $100. Call Peaceful Dragon School at 741-0695; www.peacefuldragonschool.com.

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Teachers, Lecturers, Workshop Leaders and the Centers

Traktung Yeshe Dorje will be doing teachings, open to the public, this winter, at the Tsogyelgar Dharma Center, located on West Liberty. (See the listings under Buddhism.)

Aaron was "a Buddhist monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition."

Linda Adamcz, LMSW, is a certified practitioner of integrative breathwork and psychospiritual integration for ten years and has worked as an individual therapist and group facilitator for almost 20 years.

Betsy Adams (Shoh Nah Hah Lieh) has worked with animals in varied settings for 30 years and is a biologist, homeopath and intuitive.

Jeanne Adwani has been involved with metaphysical sciences for 35 years and teacher of tarot at Crazy Wisdom Bookstore for six years.

Layla Ananda, MA, LLP, is a spiritual teacher, psychotherapist, musician and artist. She has been a workshop leader of ceremonies and rituals for over 30 years.

Michael Andes, MSW, is an experienced social worker who has incorporated neurofeedback training into his practice.

Ann Arbor Institute of Massage instructors are highly trained to assist each student on an individual basis. They are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork.

Ann Arbor Kirtan Group members come from a variety of yoga backgrounds and, as a group, do not represent any particular yogic discipline.

Rev. Karen Arndorfer is Lead Minister of the Fellowship for Today in East Lansing.

Leland Austin, MA, is a Certified Advanced Rolfer and has practiced Rolfing for 23 years. He studied Bodynamics, a body-oriented psychological work from Denmark, for five years as well as the spiritual practice of the Diamond Approach for ten years.

Aruna Olga Bachmann is a longtime mantra meditator and student of Jain Master Gurudev Shree Chitrabhanuji. She is also an advanced student of Russian Byzantine Master Iconographer Vladislav Andreyev.

Marliesa Back is an intuitive and Reiki Master offering instruction, workshops, and sessions in intuitive development, interspecies telepathic communciation, and transition and grief support.

Jeannie Ballew, MA in teaching english, has over 20 years experience teaching, training and editing. Jeannie owns Edit Prose, a company devoted to coaching writers and editing, and is an avid writer.

Tom Barnes is a compelling, spiritually-minded speaker.

Sandra Beals, MA in linguistics and language pedagogy, has over 20 years experience teaching, training and editing. She offers book coaching, editing and proofreading services and is an avid writer.

Michelle Belanger is an occult author, energy worker and psychic vampire. She is the author of five books and has written many articles for various publications.

Rev. Dave Bell, senior minister at Interfaith, is a trained singer who has sung professionally in small ensembles at the Renaissance Festival and Ann Arbor Civic Theatre.

Peter Beyer, MBA, had a 30-year business career as a financial analyst, stock broker and business owner. He now enjoys volunteering and teaching at the Zen Buddhist Temple of Ann Arbor.

Jill Blixt is a creativity, life transition and intuitive coach, and has been an agency creative director and co-founder of an Ann Arbor art gallery. She has studied with Julia Cameron, Natalie Goldberg, Sonia Choquette and Lazaris.

BODY-MIND-SPIRIT is a wellness center that promotes meditation, natural healing and inner peace through various mind-body fitness classes and meditative oriented sessions. BODY-MIND-SPIRIT staff are authorized natural healers and spiritual warriors with training and apprenticeship for over ten years minimum.

Eileen Bond, LMSW, is supervising faculty at The University of MI Center for the Child and Family.

Michele Bond is a student and teacher of Anusara yoga with a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting and swordplay. Her yoga practice began in her teens and continues to grow under the guidance and mentoring of John Friend, founder of Anusara yoga.

Michael Bratcher, NCTMB, combines energy work with therapeutic massage. The modalities he has studied include Reiki III, Healing Touch, Polarity Therapy and Chinese Energetic Medicine.

Ann Bradley is a psychotherapist in private practice in Plymouth. She became interested in shamanism after visiting Peru.

Patty Brennan has over 20 years experience working as midwife, doula and childbirth educator. She is founder and Executive Director of Center for the Childbearing Year.

Barbara Brodsky is the founding teacher of Deep Spring Center and is an ordained Interfaith Minister. She has been practicing meditation since 1960 and teaching since 1989. Her teaching draws from dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life and teaching. Barbara is also a channel for the spirit, Aaron.

Lorna Brown is a Melchizedek priest, shaman, spiritual coach and healer, and performs personalized wedding ceremonies. She has been presenting workshops on meditation and metaphysics since 1972.

Simbo Camara is a teacher from Guinea, West Africa. He has performed with several West African ballets and was a principle dancer with Les Ballet Africains.

Kellie Carbone, MA, MFT, is a spiritual life coach and licensed therapist in Ann Arbor.

Center for the Childbearing Year is a nonprofit educational and charitable agency founded by Patty Brennan.

Barbara Christensen is a 6th degree black belt in Shorin Ryu Karate.

Lorraine Coburn, LMSW, ACSW, has been a psychotherapist for 26 years. She is the author of *Breaking Free – I'm Going Home*.

Stefanie Cohen is a dance/movement artist and facilitator of Authentic Movement with groups and individuals for the past ten years.

Julia Collins is the owner of the fitness center The Ypsi Studio. She is an ACE-certified personal trainer with a holistic approach, including exercise, nutrition and stress-reduction practices.

Tammy Corwin-Renner is a mother, partner, teacher, home educator, musician, folk dancer, gardener, and priestess.

Dorothy Ann Coyne is a Professional Level Kripalu Yoga Teacher and has been training as a teacher of Vipassana Mindfulness Meditation since 1998 at Deep Spring Center.

Judy Crookes is a conscious channel who has channeled Jacob for six years. Jacob does private consults, classes, healing sessions, weekends and writes articles. Based in Ann Arbor, she travels to present Jacob across the U.S.

Patty Danks, PhD, IHM Associate, has her doctorate in Clinical Psychology and has worked as a marriage and family therapist for over 20 years. She is currently the Family Life Counselor at St. Thomas, a Becket Catholic Church in Canton, and is a certified spiritual director.

Maya Datta, PhD, is trained in the Integrative Restoration method designed by Richard Miller. She has been a practitioner of spirituality, yoga, qigong and meditation for over 20 years.

Christy DeBurton, RYT, is a certified and registered interdisciplinary yoga teacher trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan. She has taught yoga since 1998 and is the owner of The Yoga Room.

Jeanett Juanita V. De Muir, MSW, MedATR, has been a professional dancer in Ecuador, NYC and now in Michigan.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering teachings of non-duality and the meditation practices which support the teachings. It is governed by a Board of Directors with Barbara Brodsky as guiding teacher. As a part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity. Other Deep Spring teachers have many years vipassana practice and teaching experience with training through the DSC's teacher training program.

Linda Alice Dewey is the author of *Aaron's Crossing: An Inspiring True Ghost Story*. Her psychic skills include automatic writing, channeling, psychometry, mediumship, and assisting ghosts to cross over.

Teachers, Lecturers, Workshop Leaders and the Centers

Jacki Dilley, LMSW, is a psychotherapist and positive psychology consultant.

Traktung Yeshe Dorje is an awakened one who offers the freedom of radical silence freely to all.

Kate Durda, MA, is a shamanic practitioner, esoteric healer, educator, developmental psychologist, reiki practitioner and co-founder of Spirit Weavers, an organization dedicated to providing experiential training in shamanism. She is a graduate of the Foundation for Shamanic Studies and has trained with Sandra Ingerman.

Brady Mikusko is an experienced mediator, and a divorce and life coach. (See her listings in the "Divorce" section of the Calendar on page 29.)

Michael Dwyer has been vegetarian since 1999 and 100% raw since 2005.

Bobbi Ebsen, MSW, LLC, is a Crisis Intervention Specialist for the U of MI Sexual Assault Prevention Advocacy Center specializing in trauma and addictions in private practice. She has worked as a Social Worker in the Dominican Republic, Sri Lanka, Detroit and Miami. She is a dedicated Zen meditation practitioner and certified yoga teacher.

Dori Edwards, dance director and choreographer of LikeWater Drum and Dance and teacher, has studied West African dance for almost a decade and travels to conferences around the U.S. with intensive studies in West Africa.

Ryan Edwards, experienced teacher of music and folklore and artistic director of Like Water Drum and Dance, has been drumming, performing and studying for 15 years in the U.S. with many travels to Guinea, West Africa.

Shara Lyn El is an empath, conscious dreamer, earth keeper and guardian of the sacred skull. She practices shamanic healing and counseling, earth changes and transition support and Tree of Life readings.

Diane Evans has specialized in the areas of interpersonal and intra-personal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process and works part-time at Crazy Wisdom Bookstore.

Linda Diane Feldt is a local author, teacher, and full time private practitioner since 1980. Her work provides an integrated approach to holistic health care, primarily utilizing cranialsacral therapy, polarity therapy, massage, and herbology.

Bon Rose Fine has been an avid student of astrology since 1993, and writes, teaches, lectures and offers consultations.

Kathi Finney has an extensive background and experience in meditation, astrology, crystal healing, intuitive healing and women's empowerment.

Matthew Flickstein is a teacher of meditation and Buddhism from Virginia and distinguished author of *Journey to the Center*, *Meditator's Atlas* and *Swallowing the River Ganges*.

Beverly Fish is active in several astrology associations.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998.

Mary Ann Flanagan, IHM, PhD, is a freelance theological educator. She has been director of Lay Ministry Formation programs and has been associated with Fr. Thomas Keating and Contemplative Outreach for the last 20 years.

Flowering Tree Lodge offers ceremonies and teachings in the Sweet Medicine tradition.

Jenni Flowers is a Reiki Master, massage therapist and mother of five children.

Marcella Fox is an intuitive and channel with extensive training in shamanism in Peru, the U.S. and Canada, and is a Reiki Master.

John Friedlander is an internationally acclaimed psychic, author and teacher with degrees from Duke and Harvard Law School. *He co-wrote Basic Psychic Development: A User's Guide to Auras, Chakras, and Clairvoyance.*

Melanie Fuscaldo, LPC, NCC, is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help individuals live their dreams and enhance their happiness using the inner wisdom of body, mind and spirit.

Sally Gabany, a spiritual director facilitating retreats, days of reflection and workshops on the labyrinth, has been drumming for many years.

Cia Gabriel is a doula and life coach at Growing Together Life Learning Center. She has a Ph.D. in medical anthropology from the University of CA.

Gaia Center for Holistic Studies offers continuing education in beginning and advanced topcis of herbalism in a variety of class formats, held on a medicine farm, in classroom, herb lab, botanical sanctuaries and the outdoors.

Georgie Galante is an instructor with ten years experience with ploymer clay, and is a member of MOPAG.

Gallery Project's mission is to provide a venue for contemporary art that is culturally aware, individualistic, courageous and thought provoking.

Bronwen Gates, PhD, is a scientist and mystic who combines her formal training in Biology with her intuitive gifts. She is a holistic healer, teacher and coach with more than 30 years experience as herbalist, botanist and intuitive.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing various avenues to explore body-mind-spirit. The Center offers ritual and ceremony, workshops and seminars, and health-oriented classes and services.

Gehlek Rimpoche is the Founder and Spiritual Director of Jewel Heart. Among the last generation of incarnate lamas tutored by the great masters in Old Tibet, Rimpoche's command of contemporary western culture allows him to convey Tibetan Buddhist tradition with wisdom, kindness and wit.

Michael Gillespie has studied various Chinese martial arts since 1972.

Rev. Steve Glasgow is an intuitive/medium.

Don Goergen, OP, is a Dominican theologian, preacher, teacher and writer. His most recent book is *The Fire of Love: Encountering the Holy Spirit*.

Ray O. Golden, MSE and Reiki Master for over ten years, trained in the traditional Japanese manner by Dr. Gabriel Cousens. The opening of his healing and spiritual abilities was facilitated by his work with his spiritual teachers, Michael Silverman and Dr. Brenda Morgan. He is the founder of the Center for Intuitive Health and has studied psychic development for over 25 years.

Dana Gramprie is a retired RN and previously worked as a psychologist with a specialty in marriage and family therapy. She is certified through the Hendricks Institute.

Jocelyn Granger is director and founder of the Ann Arbor Institute of Massage Therapy. Since 1982, she has had extensive advanced training in Myofascial Therapy, Neuromuscular Therapy, and Sports Massage.

Great Lakes Center for Healing Touch Student Training Clinic is a nonprofit organization dedicated to providing the benefits of Healing Touch to the community and assisting students to become certified practitioners.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual and personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes places through the study and application of the Pathwork lectures.

Kim Greene is a Certified Healer Practitioner, Reiki Master and Massage Therapist.

Alice Greminger is a graduate of the Alexander Foundation of Philadelphia and has been teaching since 1985.

Lisa Gutowski is a Reiki Master who was gifted with New Earth Reiki as a method of preparing for the shift coming in 2012. She is a massage therapy instructor, a level 4 Healing Touch Practitioner, a second degree black belt and a meditation teacher.

Nirmala Nancy Hanke is a long-time meditator who teaches meditation classes at the Lighthouse Center. She is also a psychiatrist who integrates psychotherapy, Reiki, healing and meditation in her private practice in Whitmore Lake.

Kathryn Hannan, BA, NCTMB, is a Nationally Certified Massage Therapist and Bodyworker, graduate of the Ann Arbor Institute of Massage Therapy, trained in Reiki III and is certified in Myofascial Therapy, Neuromuscular Therapy and Pregnancy and Postpartum Massage.

Heather Harder, PhD, is an author, life coach, speaker and mystic from Indiana.

Donna Hart, IHM, is a presenter, certified Myers-Briggs consultant and certified spiritual director. She has MA degrees in pastoral theology/scripture and in spirituality from Loyola University and the Jesuit School of Theology, Chicago.

Elizabeth Hazel is an author, columnist and editor and lectures extensively on astrology, tarot and pagan topics.

Penni Helsene is a certified laughter leader.

Nina Howard is a Belavi Facelift Massage Specialist, Master Facelift Massage Trainer, massage therapist, paramedical esthetician, polarity therapy practitioner, and owner/director of Bellanina Day Spa and Bellanina Institute.

Dennis Hunt has participated with the Integra Institute and has read ten of Ken Wilber's books.

Teachers, Lecturers, Workshop Leaders and the Centers

Karen Husby-Coupland is a certified Iyengar yoga instructor teaching since 1999.

Molly Ann Indura is a channel who helps her clients clear issues that are energetic, physical, mental, emotional and karmic in nature. She is also a Kabbalist, adept and teacher.

International Silat Federation of America promotes Indonesian/Malaysian cultural martial arts programs for children as well as adults.

Inward Bound Yoga Program was founded in 1995 by Barb Linderman. Instructors include Janine Bennett, Barbara Brookens-Harvey, Dorothy Ann Coyne, Sandy Hines, Cathy King, Martha Laatsch, Marlene McGrath, Lynette Smith, Jonathan Tyman and Roddy Wares.

Jewel Heart Tibetan Buddhist Center offers a graduated study and practice program based on the teachings of Gehlek Rimpoche. Open to all, these classes are especially intended for those wishing to study the Tibetan Buddhist path in a systematic and in-depth manner, and include meditation and discussion.

Ann Jones, PhD, has worked as an internal consultant for Fortune 500 companies, including the Cleveland Clinic and American Greetings. She wrote *Woman Heal Thyself Guidebook* for the Stillpoint Institute and is owner of Build Your Practice.

Karen Kerns is an approved training manager through the American Polarity Association.

Gaia Kile is a Family Nurse Practitioner and Mind-Body therapist. He received his Masters in Nursing from U of MI and has been co-counseling for 15 years.

Carole Kirby, LMSW, has 30 years experience as a therapist, coach and inspirational teacher. She is a certified *Imago* therapist and workshop presenter offering group, couples and individual therapy.

Joyce Koehn is a corporate trainer, working with companies to improve their levels of customer service, leadership and sales performance.

Dave and Pat Krajovic are Certified Transformational Breath Facilitators and Senior Trainers for the Transformational Breath Foundation. As nationally Certified Massage Therapists, they also have advanced training in CranioSacral Therapy, Pranic Healing and Esoteric Healing.

William (Temperance) LeTourneau has read tarot and worked as a professional psychic and intuitive counselor in Pittsburgh before moving to Michigan. He also creates spiritual art focusing on past lives.

Robert Lewanski is a certified Chi Kung instructor, certified Ayurvedic Nutritional Counselor, Deep Tissue Chi Kung Massage Therapist and Reflexologist with over 25 years practice and research.

Cherie Liang, born and raised in Taiwan, is prmarily self-taught in her knowledge of Chinese astrology.

Mary Light has maintained a private practice and teaching center in the natural healing arts since 1995. She is director of Gaia School of Herbal Studies and Natural Therapeutics, and is an herbalist and naturopath.

The Lighthouse Center is a nonprofit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes and programs in spiritual development, meditation, Reiki and related topics.

Like Water Drumworks is a Washtenaw County based group of drummers and dancers specializing in traditions from Guinea, West Africa. They teach and perform in schools and communities across the state.

Ellen Livingston, MAT, RYT, is owner of Living Yoga, LLC, is a counselor and registered yoga teacher. She has thrived on a raw, vegan diet for six years.

Bo Lozoff is an author and director of the Human Kindness Foundation and its internationally acclaimed Prison Ashram Project.

Peggy Lubahn has been inspired and supported by messages from divination decks, and has developed these into an ability to share and teach.

Diana Machnak is a Certified Healing Touch Practitioner and Quantum Healing Practitioner/Instructor. She teaches Medical Intuitive/Quantum Healing courses and has over 20 year experience in 12-step recovery work.

Jim Macy, MDiv, Spiritual Friend and Teacher of Meditation, is a longtime teacher and practitioner of meditation. He leads spirituality groups at Prince of Peace Parish and Christ Church, Cranbrook.

Gloria Marshall has a keen interest in Native American spirituality and shamanism, and is trained in Reiki and animal communcation. She has offered many workshops and intuitive readings.

Debbie Mast is a 22-year apprentice to the Sweet Medicine SunDance tradition. She is co-leader of the Flowering Tree Lodge and instructor in the Red Lodge shamanic training program.

Auriela McCarthy was born in the former Soviet Union in Riga, Latvia and escaped from behind the Iron Curtain in 1980 to come to the U.S. as a political refugee. Memories of heartbreak and loss from her earlier life inspired a spiritual awakening through internal reflection, meditation and deep immersion into metaphysics.

Norma Gentile's new CD is entitled, *Songs of Spirit (with Tibetan Singing Bowls, Schruti Box, Guitar, Tibetan Flute and Voice).* (There's more about it in the "What's New" column, on page 9.)

Barb McConnell, LPN, CHTP/I, has over 30 years experience in clinical and industrial nursing and industrial management. She is a Certified Healing Touch Practitioner and Instructor with a private practice in Grass Lake.

Belle McEntee is founder of Functional Yoga and SmartBodies as well as a Yoga and Meditation Instructor for the U. of M. MFit Health Program. She conducts Corporate Wellness Programs for major corporations including Pfizer and UBS Financial as well as for local businesses, such as Crazy Wisdom and NuStep.

Phil Meade has been a practicing astrologer since 1987 and is an author, poet, and member of the International Society of Neoplatonic Studies.

Lani Kwon Meilgaard, MA, is a member of the International Coach Federation and a contributing columnist to *The Crazy Wisdom Community Journal*. She holds an MA in Creative Writing from the University of Colorado.

John and Sylvia Middlebrooks have studied the Sufi path of the heart for the past 25 years. Both are Certified Leaders of the Dances of Universal Peace.

M. Brady Mikusko, MA, MSW, is an experienced mediator, and a divorce and life coach.

Nancy Miller, RYT, is a certified Registered Yoga Teacher, who received her certification through Sun Moon Yoga Teacher Certification Program. She has four children.

Hosain Mosavat is a Sufi poet, photographer and author of *Come... Sit in My Heart.*

Rebecca Mullen, MSW, has over 20 years experience in the use of psychological counseling for individuals, couples and groups and focuses on the analysis of dreams.

Irena Nagler is a director and performer with Nightfire Dance Theater and has facilitated community dance events since 1987.

Janet Nagy is an elder, ceremonialist and healer.

Ramesh Narula, BSME, MBA, is an experienced facilitator for helping individuals and businesses achieve breakthrough achievements. He possesses a unique background of yoga, meditation, engineering and business experience.

Nutshell plays music rooted in traditional Irish music, pulling in morsels from many other influences to create their own delicious stew.

Sandra O'Donnell, E-RYT 500, is a certified Registered Yoga Teacher, yoga therapist, and directs the Sun Moon Yoga Teacher Certification program recognized by the Yoga Alliance. She is a mother of three and certified in the Radiant Child Yoga Program.

Janet Ogle-Mater is a registered Success Team Leader and psychotherapist in Ann Arbor.

Robin Okun, MSW, Movement Coach and Certified NIA Instructor, has been practicing mind body healing and movement for 25 years.

Craig Parian trained at the International School of Shiatsu under Saul Goodman, and his interests include yoga philosophy and Third Level Mastery of Himalayan Bowl Healing.

Teachers, Lecturers, Workshop Leaders and the Centers

Genie Parker has trained and taught Wu style Tai Chi Chuan for over 19 years. She is disciple of Grandmaster Eddie Wu Kwong Yu.

Felix Paulick is a life coach at Growing Together Life Learning Center with an MBA from U. of M., and has studied Gestalt Therapy at the Gestalt Institute of Toronto.

Julie Jeffery Peale is a Certified Hellerwork Practitioner and Structural Medicine Specialist who incorporates aromatherapy into her practice.

Amy Pershing, LMSW, ACSW, is the Clinical Director of the Center for Eating Disorders in Ann Arbor. She has worked with eating and body image disorders for 20 years.

Quest Martial Arts instructors have many years of training and combine self-defense with personal growth.

Barbara Reid, OP, is a Dominican Sister of Grand Rapids with a PhD in Biblical Studies from The Catholic University of America in Washington, DC and is Professor of New Testament at Catholic Theological Union in Chicago. Her books include *Choosing the Better Part? Women in the Gospel of Luke* and *The Passion of Jesus through the Eyes of Women.*

Ita Reyes, RYT, is a certified Registered Yoga Teacher, who received her certification through Sun Moon Yoga Teacher Certification Program.

Jesse Richards is an Ann Arbor singer, composer, dancer and performance artist who has recorded 12 cds of music, written four multi-media musicals and has sung on movie and television soundtracks, most notably "Xena, Warrior Princess".

James Robson, PhD in Religious Studies, is an author and Assistant Professor at the University of Michigan.

Mark Rojek, L.Ac, ENT, is a certified Acupuncturist and Enzyme Therapist with 20 years clinical experience, and has researched the enzyme and oxygen based treatments of cancer for the last 37 years.

Anita Rubin-Meiller, LMSW, and **Dawn McCalla**, LMSW, have been working in the fields of addiction and trauma recovery for over 20 years. The have co-facilitated Tapestries for five years.

Gail Rucker has taught yoga and movement for over 35 years and incorporates the principles of Anusara alignment, artistry of expressive movement, Phoenix Rising Yoga Therapy and Siddha Yoga meditation in her classes.

Renee Rutz is an approved training manager through the American Polarity Association.

Sally Rutzky is certified by the National Iyengar Yoga Association.

Sue Salaniuk holds a Junior Intermediate III National Yoga Certificate, one level higher than is required in the Iyengar system to be eligible to teach prenatal yoga. She has been teaching since 1988.

Sandya is a lightworker and vibrational practitioner since 1990, specializing in channeling the 13th frequency.

Stephanie Schneiderman is owner of Tia Stephanie Tours and grew up in Mexico.

Marie Schoonover is a 4th generation healer who has earned Master level certification in Chinese Energetic Healing with Feng Shui. She is a level 3 Reiki practitioner, animal communicator and intuitive reader.

Sara Schreiber, Ph.D., is founder and artistic director of the former Empatheatre and has been a group and individual therapist for 35 years. She presently works with people who are living with cancer and other auto-immune deficiency diseases.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a 501 (c)(3) public charity near Lansing. Its aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Clarence "Clare" Sheufelt has been practicing and teaching Reiki for seven years.

Ann Shinall, MD, has been immersed in Ortho-Bionomy since 1989.

Vijayalaxmi Shinde is a scholar of both Eastern and Western traditions in palmistry. She is available for readings and guidance relating to birth traits and aptitudes, career, relationships, business, wealth and wellbeing, as well as all other aspects of life.

Sylvia Shippey is a financial analyst with Perimerica Financial Services.

Victoria Silks is certified by Art and Science International Academy of Color Technologies as an advanced Level 3 Auro-Soma teacher, and has been working with Auro-Soma since 1995.

SMART (Southeast Michigan Astrologers' Round Table) is a consortium of series astrology students and professionals who have been meeting since 1994. They are a chapter of the National Council for Geocosmic Research. Formerly known as Astrology Study Group of Washtenaw County.

Prema Lindsay Smith, RN, BSN, is the proprietor of Inner Balance Therapy for the past five years. She has been in private practice for over 30 years, specializing in craniofacial therapy, massage and bodywork.

Rodney Smith has been reading astrology and tarot professionally since the mid-1990's.

Ema Stefanova, E-RYT 500, member JAYT, is a master yoga teacher, Yoga and Meditation RYS 200 and RYS 500, school owner, teacher trainer, author and yoga therapist in private practice since 1979.

Gari Stein, an active member of the early childhood community with degrees in psychology and dance, has been an educator for 40 years and music specialist for 15 years.

Judy Stone has a nutritionist practice devoted to helping people improve and maintain health with the goal of reducing or avoiding the risks and side effects of pharmaceutical medicine. She is author of *Take Two Apples and Call Me In the Morning: A Practical Guide to Using the Power of Food to Change Your Life.*

Monica Stuhlreyer, IHM, has a background as a religious educator, pastoral associate, formation director of both religious and laity, and spiritual director. She is coordinator of the IHM Associates and is on staff of Visitation North.

Elizabeth Sullivan is a Certified Vedic Astrologer who began her studies in 1998.

Milla Sylla is a drummer from Guinea, West Africa, and has been a teacher since the mid-1990s.

Janene Ternes is a commissioned spiritual director through the Ignation Spirituality Program at Manresa Jesuit Retreat House and founder of Prayer in Motion.

Annette Thoin, MA, has had a deep connection to nature since she was very young. She is a teacher, counselor and Visitors' Coordinator at the Hands On Museum.

Tanya Thunberg is trained and certified in the Kripalu Yoga tradition.

Roger Tolle is an instructor with Trager International. He has a degree in theater movement and was a professional dancer and choreographer in Boston and NYC.

Tsogyelgar Dharma Center, a small residential meditation center outside Ann Arbor, teaches the Nyingma lineage of Tibetan Buddhism.

Nancy Udow is certified by the National Iyengar Association and has taught yoga for 12 years.

Karen Ufer, certified in the Iyengar method, established Yoga Focus in 1994 and has 20 years of teaching experience.

University of Michigan Museum of Art is considered one of the first university art museums in the country with collections in excess of 17,000 works of art and a diverse and ambitious schedule of special exhibitions and programs.

University Musical Society is a non-profit arts presenter bringing the best touring music, dance and theater to Ann Arbor for 126 years, hosting more than 60-75 performances and over 100 free educational events each season.

Visitation Spirituality Center in Monroe offers a spacious natural setting including a barn-chapel, library, retreat house and hermitages. Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. People of all beliefs welcome. Visitation North is located in Bloomfield Hills.

Cam Vozar, MSW, LMFT, is a psychotherapist in private practice with men and their families for over 20 years. He is a Level II EMDR certified therapist.

Billie Wahlen is a kundalini yoga instructor.

Bapak Waleed is a spiritual warrior, natural healer and Silat martial arts master.

Walks With Deer has been a shaman in many lives and has dedicated this life to helping others heal.

Wendy Warrick is a feng shui practitioner with 20 years experience working with homes and interior design.

Christia West is a graduate of AAIMT, nationally certified through the NCBTMB, and has been practicing massage therapy since 1999.

Bett Wetson has been guided by angels to share this method of self-discovery with others.

Suzy Wienckowski, a Reiki Master and Registered Massage Therapist, has 27 years experience in the healing arts. Reiki has been the focus of her work since 1993. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Wild Swan Theater is Michigan's premier theater for families, presenting over 150 high quality and affordable performances each year to the community for 25 years.

Cheryl Wiker is a former Christian missionary who now teaches metaphysics.

Karen Williams and **Diana Kardia** of Raging Magma Life Productions use a team-based intensive coaching approach to help small businesses develop clear visions, realistic sustainable strategies and comprehensive support tools, systems and community.

Rebecca Williams has been reading tarot cards intuitively for over ten years.

Eve Wilson, a natural intuitive, has been a full-time healer and trainer of healer practitioners since 1986. She has been a Reiki Master since 1996.

Ryan Wilson is a fifth degree Black Sash and master instructor in the Kang-Nei-Chin System of Kung Fu, with extensive training in internal energy modalities, Chinese homeopathic, and complementary medicine.

Lisa Wolf, MA, LLP, is a clinical psychologist and Pathwork Helper. In addition to her work as a therapist, she is also a musician and mother.

Wasentha Young is a Master and scholar in the art of T'ai Chi Ch'uan and Chi Kung and received formal instruction in Taoist and Buddhist meditation. With over 39 years experience in her field, she lectures on the benefits of TCC, Chi Kung, and meditation as it relates to emotional, spiritual and physical wellbeing. She teaches at the Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung.

Ann Zalek, BS, NCTMB, is a Nationally Certified Massage Therapist and Third Degree Reiki Master/Teacher at TheraCare Therapeutic Massage and Healing Arts Center in Ann Arbor. She is a graduate of Towson State University and the Ann Arbor Institute of Massage Therapy.

Kimmie Zapf hosts the internet talk show "Innerviews" and is involved in numerous community-minded events.

Karlta Zarley, RN, CHTP, has 26 years experience in preventative and holistic nursing care, and is a Certified Healing Touch Practitioner. She has been in private practice in Ann Arbor for 8 years as a professional Patient Advocate, Educator, Healer and Spiritual Director, teaching and working with Healing Touch energy.

Zen Buddhist Temple in Ann Arbor offers meditation and yoga classes, as well as retreats, lectures, and Sunday services. Classes and retreats are led by Reverend Haju Sunim, Resident Priest, who has been teaching yoga since 1975 and meditation since 1985, as well as other senior members of the Temple.

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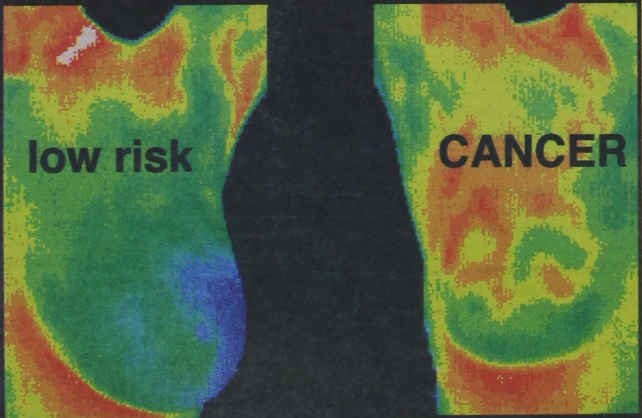

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